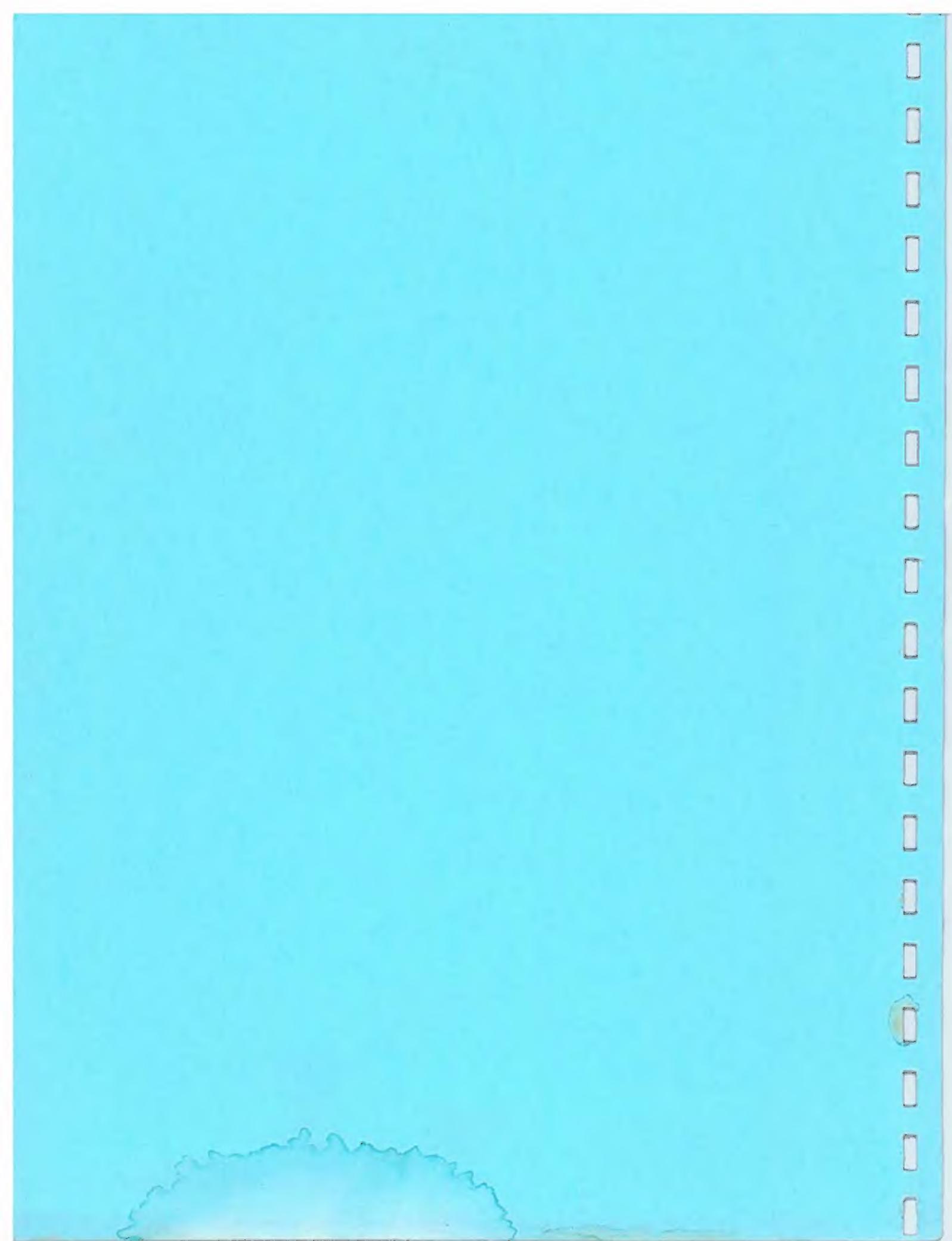


If you plant
a banana
will it
grow
into a
tree?



The Peace Corps Côte d'Ivoire
Cookbook



hands of PCCI's Women in Development Committee for use as a fundraising activity for the WID Scholarship Fund. The WID Scholarship Fund was started by volunteers as a way of ameliorating the disparity in attendance rates between boys and girls beyond the sixth grade level. The Scholarship fund supports qualified girls by providing them with financial assistance from sixième through terminal. In purchasing this cookbook you are helping support a noble cause (the WID Scholarship fund, not just your stomach).

Since its creation the cookbook has been modified to fit the frugal Peace Corps Volunteer's up-country living standards. Many of the recipes originated from the creative culinary minds of volunteers past and present. Our thanks go out to them. Also this book would not be complete without recipes incorporated from sources such as : Better Homes and Gardens; Don't Mangle with Mangoes; La Nourriture Africaine par les Femmes de Bongouanou; The Betty Crocker Cookbook; Joy of Cooking; The Wycliff Cookbook; More with Less Cookbook; Contemporary Cooking; and The Peace Corps Gabon Cookbook.

Please understand that some of the recipes found in this cookbook are seasonal and that some ingredients may not be available in particular areas. If you should find yourself in this situation be creative, flexible, and make substitutions. And remember if you are hungry enough, anything tastes good.

BON APPETIT!

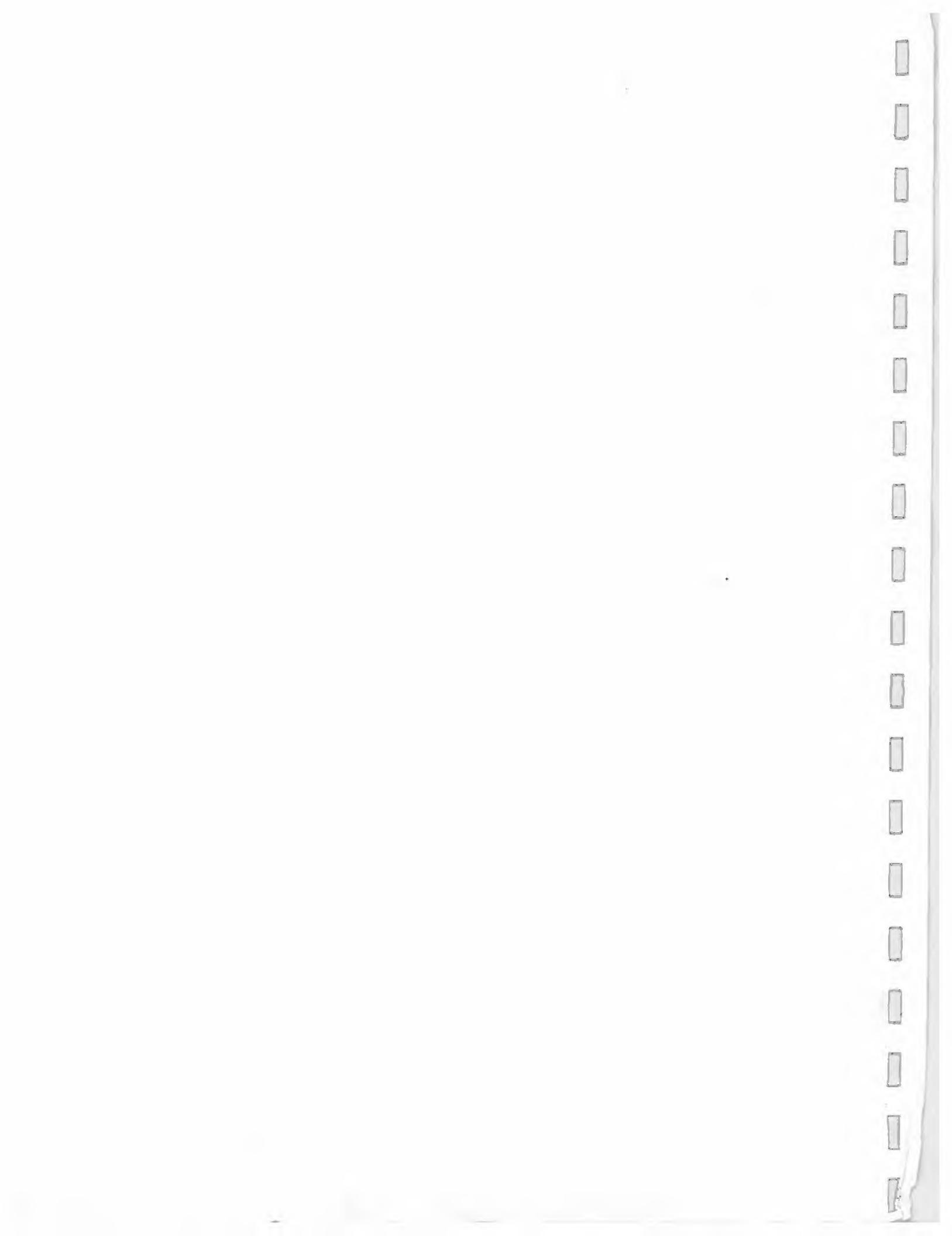
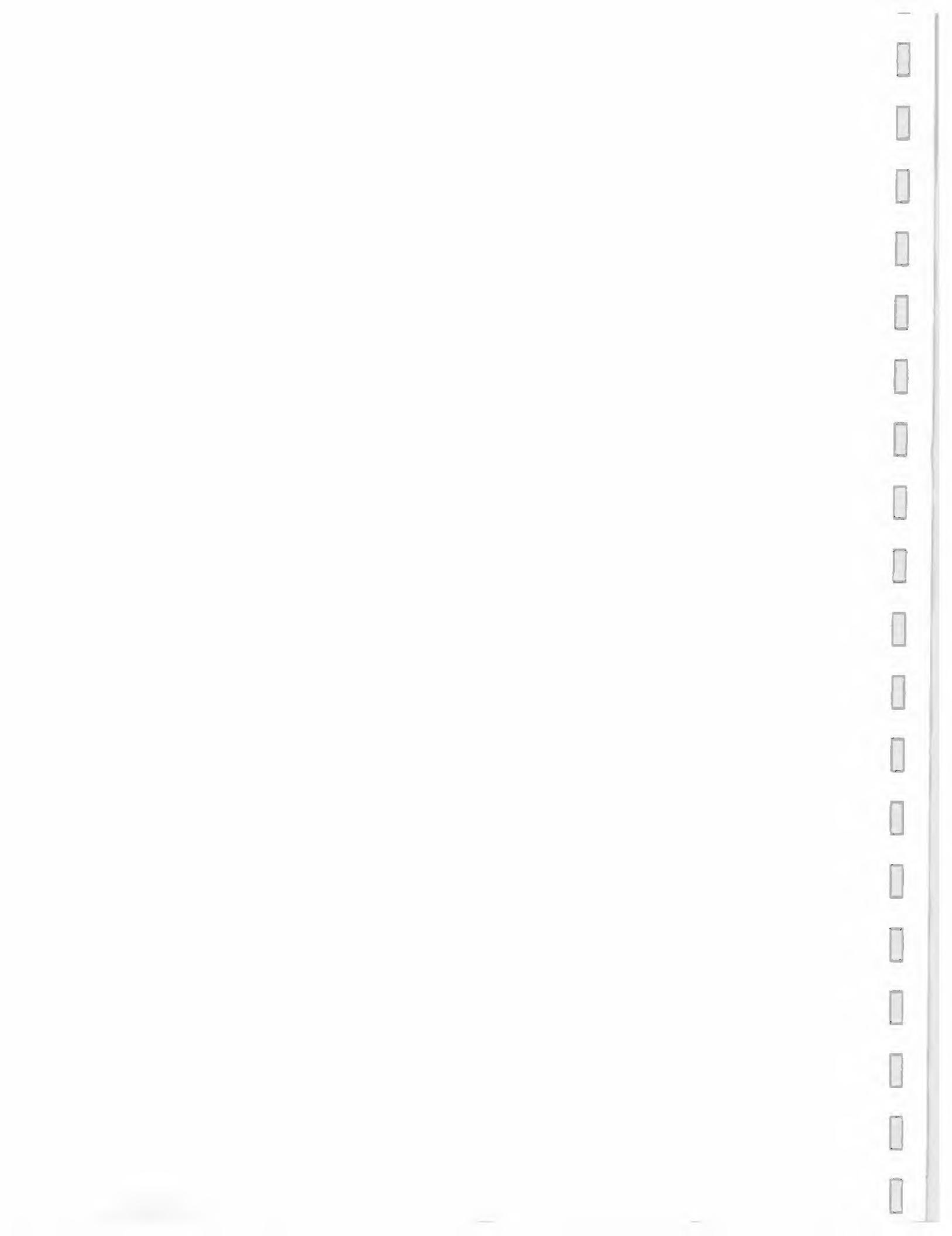


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COOKING OVENS

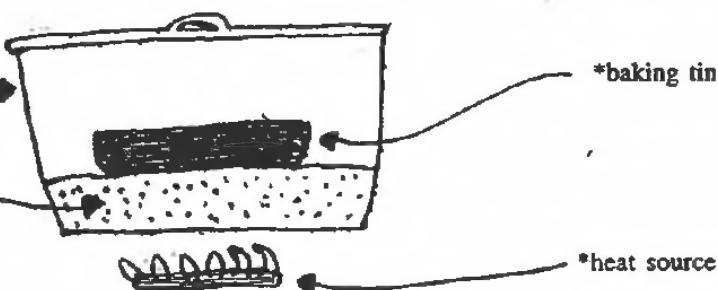
Being able to bake at site has saved many a volunteer's taste buds from ETing. Buy a large marmite now and don't wait until three-fourths of the way through your service before you start to reap the benefits of an oven. You don't need to be Betty Crocker to create a tasty treat, so just try out baking à la Peace Corps and your taste buds will thank you for it.

There are several ways to build a camping-type oven suitable for cooking at site. Just about anything can be cooked in them including breads, cakes, cookies, and casseroles. Listed below is a of oven that seem to work well.

Materials needed:

*large marmite

*sand or 3-5 small tomato paste cans



- Take a marmite large enough to hold your baking tin(s) and fill it with about 2 inches of relatively clean sand or line the bottom with tomato paste cans.
- When baking set the pot over a heat source such as charcoal or a gas stove.
- Set the tin(s) on top of sand. Close pot lid. Bake.
- Cooking time depends on what you are cooking and the heat source. Sometimes things cook faster or slower than in a conventional oven so keep an eye on your dish.
- Adding a teaspoon of water to the sand might help if baked goods are too dry.
ADD WATER BEFORE THE SAND IS HOT!!!!!!!

BAKING TIN IDEA

- Use small tomato paste cans for muffins and cupcakes.
- Use sardine and tuna cans for individual cakes, breads, pies.
- Small pots (that fit inside the large marmite) work especially well for casseroles or large loaves of bread.

CONVERSIONS

LIQUIDS

2 T	1 oz
4 T	1/4 c
1/4 c	2 oz
1/3 c	2 2/3 oz
1/2 c	4 oz
2/3 c	5 1/3 oz
3/4 c	6 oz
1 c	250 ml
1 c	8 oz

SOLIDS

1 oz	30 g
2 oz	60 g
4 oz	1/4 lb
8 oz	1/2 lb
36 oz	1 kg

OTHER CONVERSIONS

1/8 t	dash
3 t	1 T
4 T	1/4 c
16 t	1/3 c
2 c	1 pint
4 c	1 litre
2 pint	1 quart
4 quart	1 gallon

1 cup	200 g butter
1 cup	30 sugar cubes
11 squares kiri	8 oz cream cheese

THE MEAT MARKET

If meat is available in your market, the best and safest cuts of meat are usually available in the morning. Once you buy meat it should last a few hours at least if there is no refrigeration available. Cover it tightly or wrap it in a bag until you are ready to use it. Wash off the meat before using it and make sure it is well cooked before eating.

ON CHOOSING BUSH MEAT

Here's what to look for when buying brousse meat:

1. Take a whiff. Does it smell bad? If so, look elsewhere.
2. The animal shouldn't be swollen.
3. The groin should still be pink (not gray).
4. Check the anus for maggots.
5. Ask the hunter how it was killed (shot versus trapped). If it was shot, ask him to estimate the time of day. If it was trapped, look closely before buying. Not all hunters check their traps every day. It could be quite old, some animals hang in the trap a day or more before they're discovered. (Kinda makes one want to go vegetarian.)

BUYING FISH

The eyes should be bright and full, the flesh firm, and the gills red. If the gills are gray, the fish is probably spoiled. The same is true if the flesh seems to disintegrate when you cut it.

Smaller fish are good for frying or cooking in a sauce, but they're a hassle to clean and they have a lot of bones. Medium-size fish are good for frying, filleting, and cooking in sauces. Large fish are great for baking, filleting, and making fish balls. The biggest advantage of large fish is that there are easier to clean and there aren't as many bones.

CLEANING FISH

Cut off the dorsal fins so they won't nick you. To scale the fish, scrape with a blunt knife or the rounded end of a spoon from tail to head. To gut the fish, cut behind the ventral fin (just below the anal vent). Move the knife around and continue cutting towards the head, via the stomach (cut around the guts, rather than through them). When you reach the head, cut around the head fins. Then cut from the top of the head to the main bone. Now you should be able to pull off the head, and the guts should come with it. (If you want to leave on the head, just cut out the gills.) Cut off the tail and scrape any remaining membranes from the gut. Remove any remaining scales and rinse well.

CLEANING A CHICKEN

It may be best to first watch someone kill, pluck, and gut a chicken before attempting it yourself. However, it can be done and this is how you do it:

Start by making a slit in the chicken's neck through the windpipe. Allow the chicken to die a rather quick and seemingly painless death as it bleeds its way out of existence. That's just how it is done here.

In order to pluck the chicken, first pour a bucket of very hot to nearly boiling water over it. This is the secret to plucking chickens. Next start removing the feathers. When you are down to the very small feathers and bits of hair, lay a bird over a fire to singe what remains.

If you plan to be very African when eating your chicken, peel/scrape/rub/pull off the thin skin covering the feet, nails, and beak.

Now make a very careful slit in the upper chest area of the chicken. This is done in order to remove the "food sack" so be careful not to slit the sack. Once the slit is made, remove the sack, pulling and working it out slowly.

Next make another careful slit in the chicken from the anal hole to sternum. Pull open the bird and remove the guts. Work slowly for less of a mess. Many people save the heart, gizzard, and liver and discard the rest. In order to clean the gizzard, first tap it several times to loosen the contents, then make a slit in it long ways and remove the particles by scraping the sides of the gizzard with a knife. Then peel off the membrane inside the sack.

There is another, less messy way to gut a chicken which involves making a precise cut around the rib cage. This is a process where actually watching someone clean a chicken first might be handy. Also, in order to have better access to the guts, you can cut right through the breast bone and then sort of break open and pull apart the chicken, exposing the entire cavity.

EGG TIPS

To determine an egg's freshness, put the egg in a glass of water. If the egg sinks, it is fresh. If it floats, toss it. If the fat end turns up, give it to your favorite pet (site partner not included).

Rubbing oil on your eggs will help keep them longer.

Wash your eggs right before using, lots of nasty things live on the shell.

FLOUR TIPS

When buying flour at a boutique, it's not a bad idea to sift it before using it. This removes the little weevils and their less visible eggs. The large circular sifts found in the marché work well for this.

OPENING A COCONUT

Method 1: Heat oven. Make two holes in the coconut using a sharp, pointed tool and drain the water. Place the coconut in the oven for fifteen minutes so that the meat contracts away from the shell. Crack open the coconut with a hammer and pry the meat away from the shell.

Method 2: Drain the coconut, crack it open with a hammer, and pry the meat away from the shell with a knife.

EXTRACTING THE MILK FROM A COCONUT

Method 1: Grate the coconut finely in a bowl and cover it with a cup of boiling water. Let it stand for 45-60 minutes. Strain off the liquid and put the coconut in a cheesecloth or other similar type cloth (guinea worm filter works wonderfully). Squeeze to extract as much liquid as possible. This is the "first" or "thick milk". The milk is stirred into a dish at the last moment to give it a creamy flavor.

Repeat the process, but this time the strained coconut is soaked for 12 hours, using the same amount of water. This milk is called the "second milk" and can be used as a stock, especially in curry.

Method 2: Pulverize the flesh of one coconut in a mortar and pestle. Next blend in 2 cups of milk or water. (Note: the richness of coconut cream is determined by the amount of liquid added to the grated flesh. For a thicker cream use less liquid.) Strain our the cream through a cheesecloth, or similar cloth. This is the "first milk".

Repeat the process to extract the second, thinner milk.

STEAMING

The large circular bamboo sifters found in the marché make good steamers. Place food directly on mesh or put it on a plate and place it on mesh. Fit over pot or pan filled with 2-3 inches of lightly boiling water. Cover sifter and steam food.

PARBOILING AND BLANCHING

Blanching is a process in which foods are covered in boiling water for a brief period of time, usually for 1-3 minutes and then dropped into cold water to halt the cooking process.

- To peel tomatoes or fruits, cover with boiling water for 2-3 minutes, and then drop into cold water. This process is known as "refreshing" and stops further cooking and helps to retain color and flavor. Peel off skins with a sharp knife.
- The flavor of carrots and green beans to be eaten as appetizers or in a salad improves with a bit of blanching. Drop the veggies in boiling water for 3-4 minutes then immediately place into cold water to stop the cooking process. Drain and eat.

Parboiling partially cooks food that require longer periods of grilling, baking, or roasting and helps preserve their textures and flavors. After boiling for a while, foods should be immediately run under cold water to chill thoroughly.

SUBSTITUTIONS

1 T cornstarch (for thickening)	2 T flour
1 t baking powder	1/4 t baking soda plus 1/2 cup buttermilk or sour milk (use it to replace 1/2 cup of the liquid called for)
1 cup granulated sugar	1 cup packed brown sugar or 2 cups sifted powder sugar
1 cup honey	1 1/4 cups granulated sugar plus 1/4 cup liquid
1 cup corn syrup	1 cup granulated sugar plus 1/4 cup liquid
1 square (1 oz) unsweetened chocolate	3 T unsweetened cocoa powder plus 1 T butter or margarine
1 c buttermilk	1 T lemon juice or vinegar plus enough whole milk to make 1 cup (let stand 5 minutes)
1 cup whole milk	1/2 cup evaporated milk plus 1/2 cup water
1 cup light cream	2 T butter plus 1 cup minus 2 T milk
2 cups tomato sauce	3/4 cup tomato paste plus 1 cup water
1 cup tomato juice	1/2 cup tomato sauce plus 1/2 cup water
Potatoes	Yams can be used for potatoes in mashed potatoes (use water in place of milk)
Butter	Oil can replace butter in any receipt, just do not add quite as much as the recipe calls for (1/2 cup butter = 1/3 cup oil)

(6)

FRENCH VOCABULARY

Herbs & Spices

anise	anise
basil	basilic
bay leaf	feuille de laurier
caraway	carvi
cardomon	cardamome
cayenne	cayenne
chicory	chicorée
cinnamon	cannelle
chives	ciboulette, civette
cloves	cloux de girofle
coriander	coriandre
cumin	cumin
curry	curri, cari
dill	aneth, fenouil
fennel	bâtarde
garlic	ail
ginger	gingembre
ground hot pepper	pili-pili
hot pepper	piment
marjoram	marjolaine
mint	menthe
mustard	moutarde
nutmeg	muscade
onion	oignon
oregano	origan
paprika	paprika, piment
parsley	doux
pepper	persil
rosemary	poivre
saffron	romarin
sage	safran
savory	sauge
shallot	sariette
soy sauce	echalote
tarragon	sauce soja
thyme	estragon
	thym, serpolet

Fruits, Legumes, and Vegetables

apple	pomme
avocado	avocat
banana (small)	banane douce
banana (large)	banane plantain
beans	haricots
cabbage	chou
celery	céleri
corn	maïs
cucumber	concombre
eggplant	aubergine
grape	raisin

zucchini	la courgette
radish	le navet
squash	la courgette
grapefruit	pamplemousse
guava	goyave
lemon	citron
lentils	lentilles
lettuce	laitue, salade
lime	citron vert
mandarin	mandarine
mango	mangue
manioc, cassava	manioc, cassave
okra	gombo
olive	olive
orange	orange
papaya	papaye
passion fruit	fruit de passion
peas	petits pois
pepper	poivron
pineapple	ananas
potato	pomme de terre
raisin	raisin sec
soursop	corossol
spinach	épinards
squash	courge, citrouille
strawberry	fraise
sweet potato	patate douce
taro	taro
tomato	tomate
yam	igname

Milk Products

whipping cream	crème à fouetter
not quite sour cream	crème fraîche
cream cheese	kiri or vache kiri
plain yogurt	lait caillé non sucré

Fish

bass	bar
carp	carpe
crab	crabe
cray fish	langoustine
grouper	mérou
lobster	langouste
sardine	sardine
tuna	thon
white fish	colin, capitaine
shrimp	crevettes
	écrevisses

Meat Cuts

brain	<i>cervelle</i>
chicken	<i>poulet</i>
duck	<i>canard</i>
guinea hen	<i>pintade</i>
kidney	<i>rognon</i>
rabbit	<i>lapin</i>
salami	<i>saucisson</i>

Sugars

brown sugar	<i>sucré roux,</i>
powdered sugar	<i>cassonade</i>
white sugar	<i>sucré glace</i>
honey	<i>sucré</i>
	<i>miel</i>

Flour

cornmeal	<i>semoule de maïs</i>
cornstarch	<i>farine de maïs</i>
manioc flour	<i>farine de manioc,</i>
	<i>gari</i>
oatmeal	<i>Quaker, flacons</i>
	<i>d'avoine</i>
white flour	<i>farine (de blé)</i>
whole wheat flour	<i>farine de blé</i>
	<i>complet</i>

Miscellaneous

baking powder	<i>levure chimique</i>
baking soda	<i>bicarbonate de soude</i>
yeast	<i>levure boulanger</i>
vanilla	<i>vanille, sucre</i>
teaspoon	<i>cuillère à café</i>
tablespoon	<i>cuillère à soupe</i>

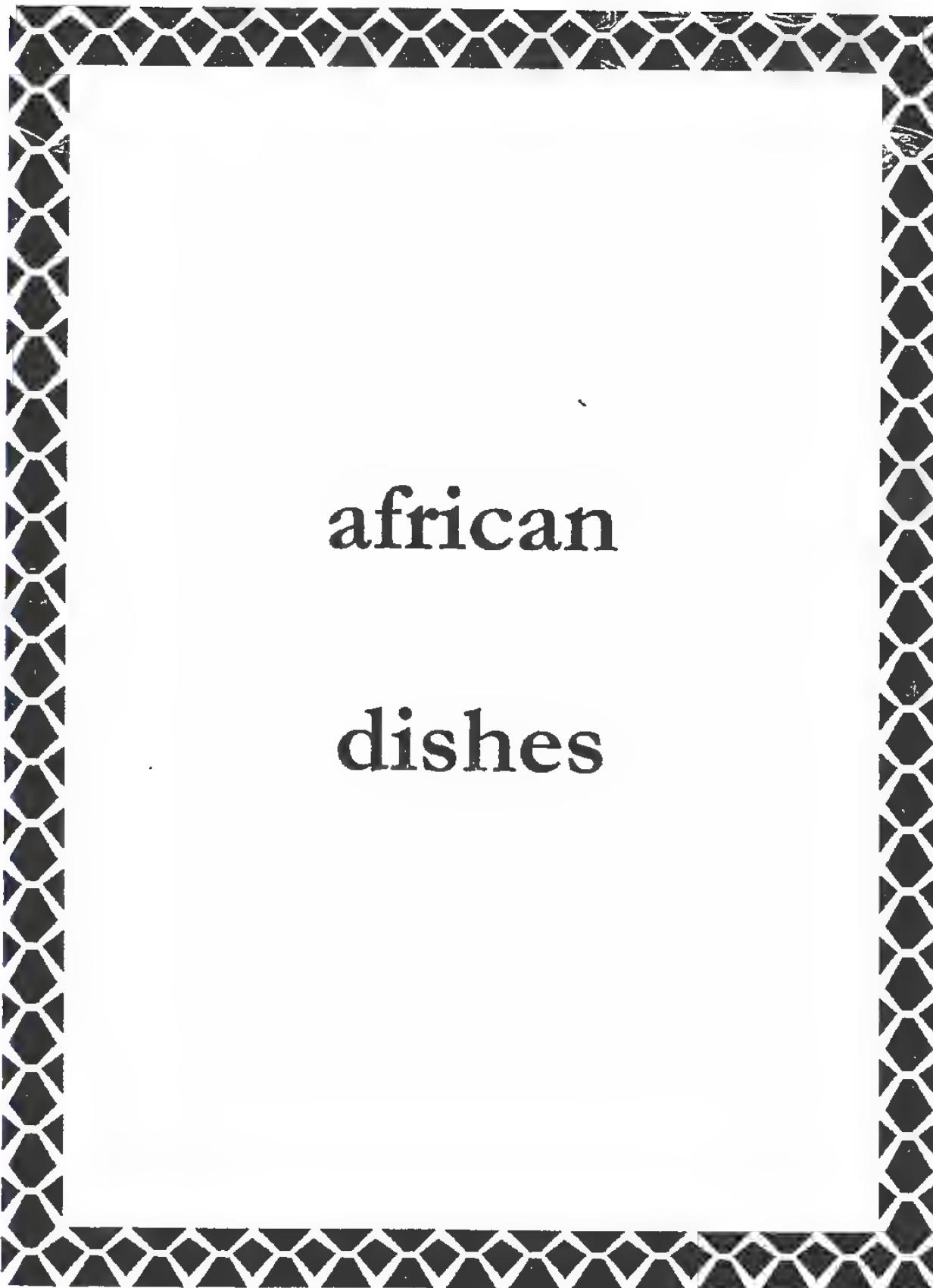
Cooking Instructions

boil	<i>faites bouillir</i>
brown some meat	<i>faites dorer de la viande</i>
brown the sauce	<i>faites roussir la sauce</i>
sauté	<i>faites sauter</i>
cook	<i>faites cuire</i>
bake	<i>faites cuire au four</i>
let simmer	<i>laisser mijoter</i>
steam cook	<i>faites cuire à la vapeur</i>
drain	<i>faites égoutter</i>

Kitchen Commands

Do the dishes	<i>Faites la vaisselle</i>
Wash the plates	<i>Lavez les assiettes</i>
Dry the dishes	<i>Essuyez la vaisselle</i>
Peel the vegetables	<i>Epluchez les légumes</i>
Soak the vegetables	<i>Faites tremper les légumes</i>
Set the table	<i>Mettez le couvert</i>
Clear the table	<i>Débarrassez la table</i>

Koné says
these things
are easy
to find



**african
dishes**



ATTCHIEKÉ STIR FRY

1 chicken maggi cube
 1 large chopped onion
 1/4 c chopped green onion
 1/2 c shredded cabbage (opt)
 3 cloves garlic minced
 2 beaten eggs
 3 c attchieké
 butter or oil for sautéing
 salt and pepper to taste

Heat oil in pan. Sauté onion, green onion, garlic and cabbage until tender. Crumble maggi cube into vegetables. Add beaten eggs. When eggs are nearly cooked push mixture to side and add attchieké. Stir fry for 3-4 minutes until attchieké starts to brown. Mix with vegetables and eggs. Serve like fried rice.

SAUCE ARACHIDE

2 petites boîtes d'arachide à pâte
 1 poulet (opt)
 2 tomates boules
 un peu de pâte de tomate
 4 piments
 1 oignon
 une louche d'huile
 2 cubes Maggi

On met la casserole au feu et on ajoute l'huile, un peu de sel, et un peu d'oignon. Ensuite on met la viande et laisse bouillir.

Un peu après, on ajoute de l'eau. On met les tomates et les piments et lorsque les tomates et les piments sont cuits, on les enlève et les écrase. Après ils sont bien écrasés, on les met dans la sauce. Après on ajout la pâte d'arachides et le cube Maggi. Maintenant on met le reste de l'oignon et on laisse bouillir à petite feu. Quand le poulet est bien cuit, on mange la sauce avec du riz.

LEAF SAUCE

Boil 2 bunches of leaves (Taro) and a couple of tomatoes until soft. Drain and crush with mortar and pestle. In hot oil, fry goop and drain. Add onion, 1 cube Maggi, salt, piment. Cook for a bit until onions are soft.

TARO SAUCE

75 cfa taro leaves
 salt
 maggi
 1 onion
 2-3 tomatoes
 oil
 water
 2-3 eggs
 1 smoked fish (opt)

Wash cut leaves and place in a pot of water and boil 10-15 min. Drain leaves and add salt, maggi and a bit of salt. Mash well. In another pan sauté onions and tomatoes and then add to leaves.

If adding smoked fish, remove skin, bones, and then mash the fish. Add fish to sauce; stir, cover, and cook. When the fish is finished cooking add eggs and stir well. Cook for 2 additional minutes. Serve over rice, cabato, etc...

Note: Cook neither the stem nor veins of leaves.

SAUCE PISTACHE

oil
 chopped onion and garlic
 couple tomatoes
 small can of tomato paste
 cooked meat (opt)
 2 bay leaves
 pepper
 2 maggi cubes
 200 cfa of well pounded pistache
 piment
 salt

Sauté onion and garlic.

Rinse off tomatoes and squeeze out insides saving the juice. Add tomato skins to onions and cook for a moment. Add tomato paste, meat, and tomato juice. Fill pot with water and leave to boil. When boiling add bay, pepper, maggi, pistache, piment. Leave to boil until oil rests on top about 30-40 minutes. Add salt to taste.

SAUCE GUMBO

fish or meat
onion
tomatoes
gumbo
salt
cube maggi crevette
piment

Cut and clean meat. Place in a pot with salt and fresh tomatoes. Cover. Once boiling add several cups of water.

If cooking with fish, add cleaned fish and a pinch of salt to a pot of water. When boiling add tomatoes, 2 piments, and gumbo.

Once tomatoes are cooked, remove them and mash them well. Return them back to the pot. When ready remove gumbo (seeds should still be white) and mash them well. Return to sauce and add maggi, and 1/4 diced onion. Cook an additional 15 min.

TOMATO AND EGGPLANT SAUCE

2 medium zucchini
2 large tomatoes
1 medium eggplant
1 large onion
olive or salad oil
salt
2 T red wine vinegar
1 T brown sugar

Chop up everything. Heat 1 T oil in skillet and cook zucchini with salt until lightly brown. Set aside. In same skillet, heat 2 T oil and cook eggplant, onion, and salt until browned. Add tomato, vinegar, brown sugar, 1 c water and salt. Add cooked zucchini. Cover and simmer until tender, approximately 10-15 minutes.

SAUCE HARICOT

1/2 kilo des haricots
1 litre d'eau
1/2 kilo de viande (optionnel)
1 gros oignon
1 cube Maggi
d'huile
un peu de sel

un peu de piment
tomate à pâte
quelques carottes
un peu d'ail

Mettre les haricots avec de l'eau au feu. C'est bon de tremper les haricots d'abord pour 2 ou 3 heures.

Couper la viande, l'oignon, l'ail, et les carottes. Mettre dans une casserole avec un peu d'huile. Quand la viande est cuite, ajouter les piments (bien écrasés), la pâte de tomate et un peu de l'eau (une tasse).

Quand les haricots sont prêts, faire écouler et mettre dans la casserole avec la viande. Quand c'est bien cuit, on sert avec du riz, des ignames, ou bien du pain.

SAUCE CLAIRE

1 kilo de viande
environ 20 aubergines
un peu de piment
une louche d'huile
4 grosses tomates
2 cubes Maggi
1 gros oignon
un peu de sel

On met l'huile dans une casserole. On met sur le feu. On ajoute un peu de sel. On lave et découpe l'oignon et met dedans la casserole. On lave et découpe la viande. On met dedans aussi avec du piment. Et puis on met les tomates écrasées dedans. On tourne avant de fermer la casserole. On attend 5 minutes (ou bien jusqu'à la viande est cuite) et on ajoute 1 litre d'eau.

On prépare les aubergines à part. On les lave et on enlève leur têtes. On met dans une autre casserole avec 1/2 litre d'eau. On met au feu. Quand c'est moux, c'est prêtes. On les enlève et les écrase.

Après c'est bien écrasé, on met dans l'autre casserole avec la sauce. Et puis on ajoute les cubes Maggi 10 minutes après. Maintenant il faut le laisser encore pendant 10 minutes sur le feu.

On mange avec du riz ou bien l'atchiéké.

RAGOÛT

2 kilo de pommes de terre
piments bien écrasés
pâte de tomate
2 oignons
1/2 litre d'huile
2 carottes
1/2 kilo de viande (optionnel)
1 chou
un peu de poivre
2 cubes Maggi
un peu de sel

Mettre les piments et un oignon au feu pour faire bouillir avec de l'eau. Quand c'est cuit, enlevez-les et écrasez-les avec un peu de poivre et l'ail. Après c'est bien écrasés, on le laisse.

On coupe la viande, les carottes, et l'autre oignon. Mettre tous ensemble dans l'huile avec les choses écrasés. On met sur le feu. On ajoute le cube Maggi et un peu de sel.

Quand la viande est cuit, on ajoute de l'eau (assez pour cuire des pommes de terre). On le laisse bouillir. Maintenant on ajoute les pommes de terre. Quand les pommes sont cuit, on l'enlève et le sert.

Il faut faire attention! Si vous mettez trop de l'eau pour faire cuit des pommes de terre, vous aurez la sauce et pas de ragoût!

POISSON BRAISE

2 gros poissons
1/4 quart d'huiles
5 piments bien écrasés
3 tomates bien écrasées
2 oignons
2 concombres
2 carottes
un peu de persil
vinaigre
1 cube Maggi
un peu de sel

Il faut laver tous les légumes. Découper tous les légumes. Mélanger tous ensemble. mettre le piment à part. Faites le feu et le grillage. Déposer les poissons sur le feu et le mouiller continuellement avec l'huile. Quand il est bien doré, on tourne. Ca prend peut être 30 minutes. Quand l'autre côté est bien cuit on enlève. Il faut

prendre une cuillerée de vinaigre, un cuillerée d'huile et un cube Maggi. Mélanger et mettre sur le poisson. On sert avec les légumes.

LE RIZ GRAS

1 kilo du riz
1/2 kilo de viande
1 petite boite de tomate à pâte
3 piments
un peu de poivre
un peu de sel
1/4 litre d'huile
3 cubes Maggi
2 gousset d'ail
2 oignons

On met d'huile au feu. On ajoute un peu de sel et la viande d'abord. Après quelques minutes, on ajoute la boite de tomate à pâte, le poivre, les piments (bien écrasés) et les cubes Maggi.

Après la viande est cuite, on ajoute de l'eau et on couvre et laisse bouillir et ensuite on ajoute le riz. On tourne de temps en temps. Quand le riz est cuit, on enlève et sert.

CEEB U JEN

For fish and paste:

2 bunches parsley
2-3 onions (green)
2 large onions
4 cloves garlic
2 T soy sauce (Maggi Arome)
salt, pepper, oil
3-4 lbs whitefish

For stew and rice:

2-3 onions
3-4 hot peppers
3 T soy sauce
4 oz tomato paste
4 carrots
1 small cabbage
2 eggplants
2 sweet potatoes
1/2 c rice per person

Purée paste ingredients. Cut deep slits in fish and stuff with purée. Fry fish in oil. Drain fish and pour out all but a few

tablespoons of oil. To fish oil, add onions, soy sauce, tomato paste, and 6 c of water. Chop up vegetables and drop into pot and cook until tender. Add fish for several minutes. Remove fish and vegetables, keep warm. Add rice to leftover "water." Depending on amount of rice, you may need to add water. (1 c rice needs 2 c water) Cook rice until tender. To serve, spread rice in a large bowl and add fish and vegetables over the top.

KEDJENOU CHICKEN

4 or 5 tomatoes, diced large
1 poulet
2 onions (red), sliced
1/2 head garlic, peeled and sliced
3 aubergines, sliced
2-3 bay leaves
25 CFA of tomato paste
5-6 fresh piment (remove stems)
2 Maggi cubes (1 poulet, 1 regular)
1/2 to 3/4 c oil
salt

Use dish with tight fitting lid. Heat oil, add chicken. Cook for 5-10 minutes. Add everything else, mix well and cover. DQ NOT lift cover- shake periodically to mix. C'est fini après 45 minutes- 1 hour. Serve over rice.

POULET YASSA I

1-2 chickens (cut up)
4-5 heads of garlic
8-10 lbs sliced onions
1 c vinegar
2-3 chili peppers
black pepper
oil for frying
1-2 T soy sauce or Maggi Arome
5-8 c rice.

Wash and dry chicken. Crush garlic and combine in a large pot with onions, vinegar, and spices. Add chicken, and leave to marinade for about an hour. Remove chicken and fry until brown. Remove onions, and fry until brown. Return chicken and onions to marinade and simmer for a bit. (The longer, the better!) Add salt, pepper, and soy sauce to taste.

Chicken and sauce are served over cooked rice.

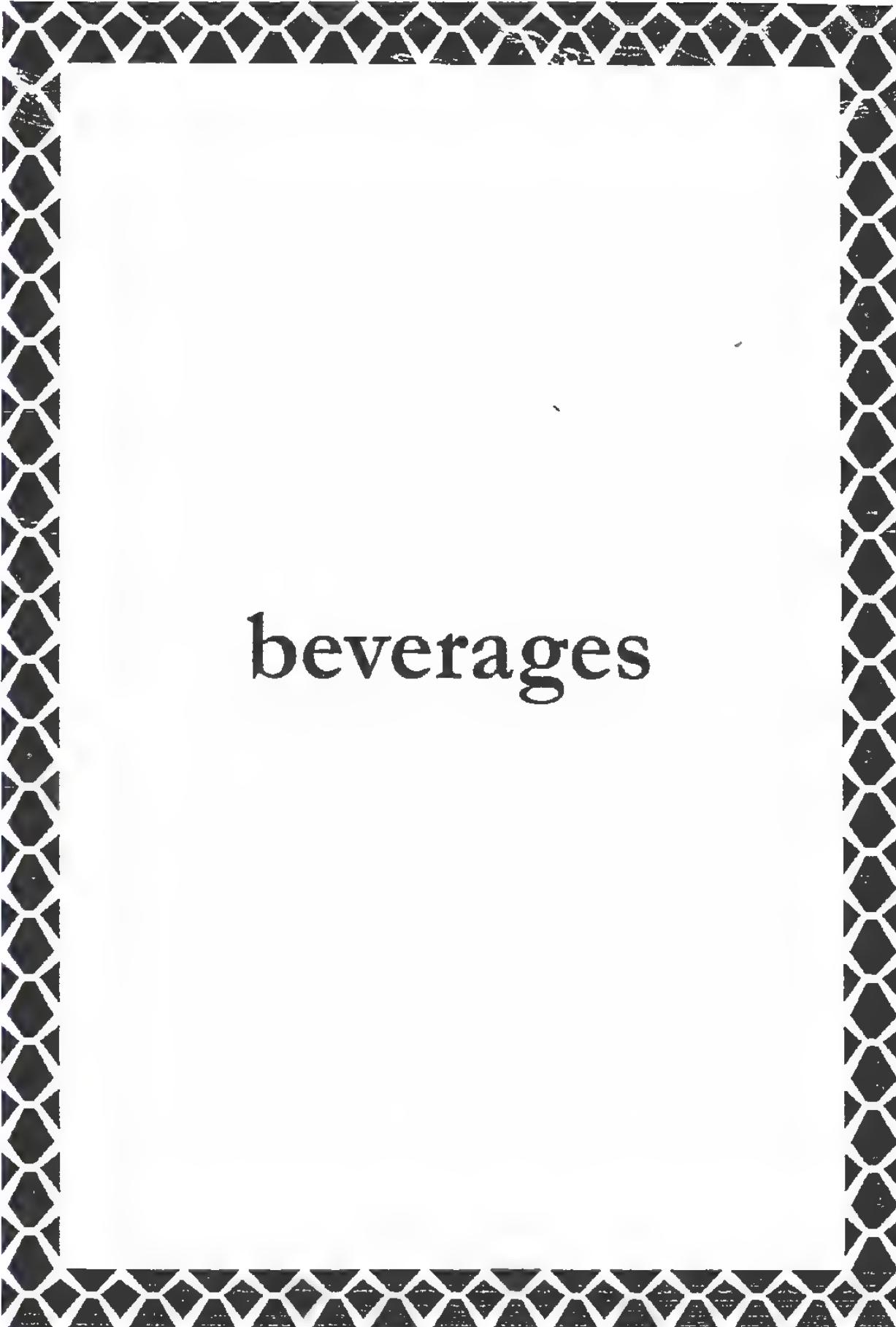
POULET YASSA II

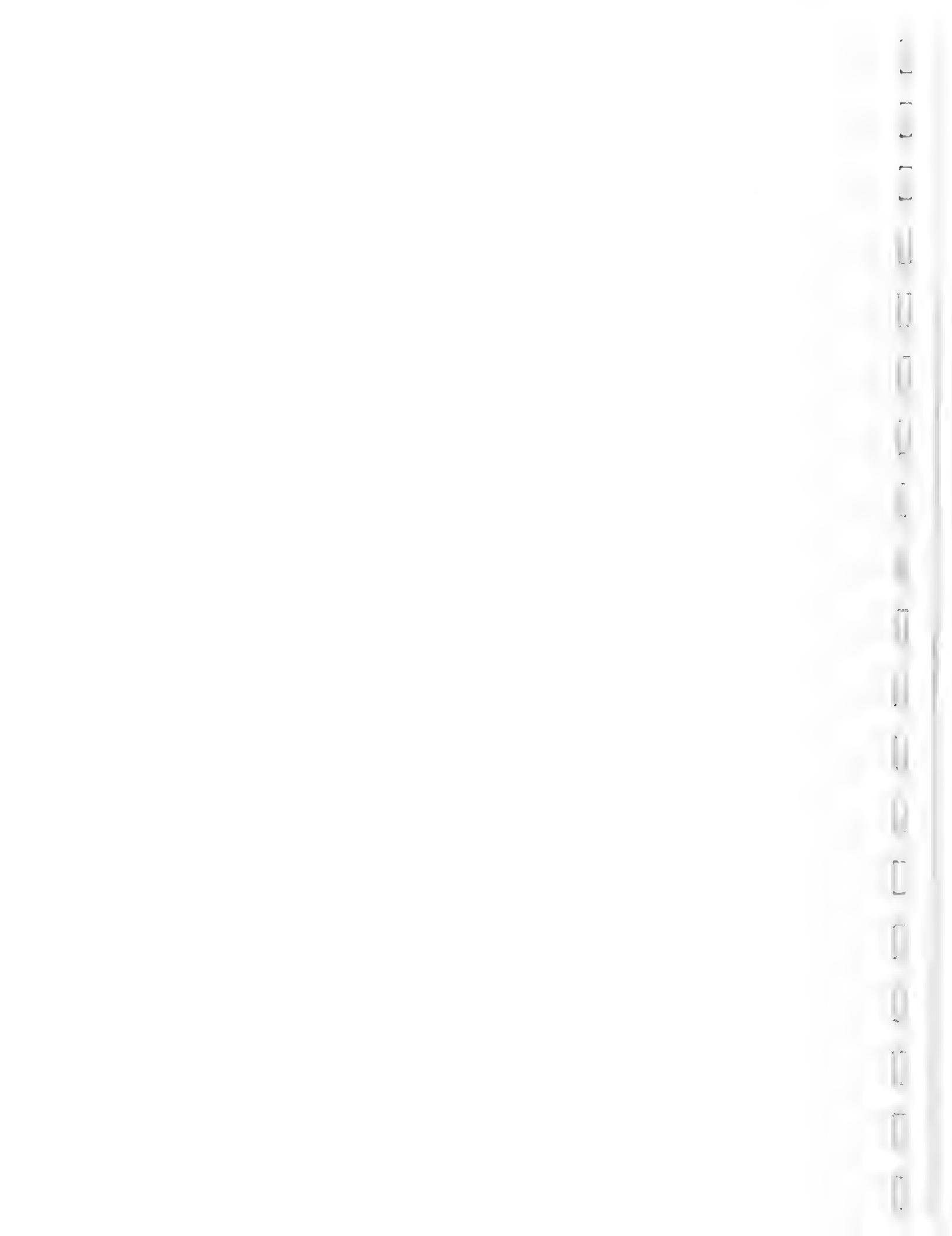
1 chicken, cut up
8 T lemon juice
8 T vinegar
1/2 c oil
3 large onions, sliced
1 t salt
1/2 t pepper
1 fresh piment

Put chicken, chopped pili pili, salt, pepper, lemon juice, vinegar, and 2 T oil in bowl and marinate 1/2 hour. Heat remaining oil in skillet and sauté chicken until brown. Remove and set aside. Sauté onion until yellow. Add marinade, chicken, and 1/2 c water. Cover and cook until tender.



beverages





GNAMAKUDJI

2 T ginger root, peeled and grated
juice of 2 lemons
1 1/4 c sugar
1 liter water

Mix all the ingredients. Let the juice stand for a while. Pour it though a sieve into glasses, unless you like the bits of ginger. The longer this sits, the stronger it becomes, so you might have to add more water later.

TOMATO JUICE

For 1 cup of tomato juice, mix 3 T tomato paste and 3/4 c water.

Variations: Add salt to taste. Also, add other spices such as celery seed or salt, garlic powder, soy sauce.

COCOA MIX (like Nescačo)

4 c powdered milk
1 1/2 c sugar
1/2 c cocoa
1 sachet vanilla sugar

Store in a sac or airtight container. Keeps forever and ends up much cheaper than the Nestle stuff.

KAHLUA

3 cups sugar
1 pint water
6 T instant coffee
4 t pure vanilla
5 t vodka
2 t glycerin (if available)

Boil sugar and water. Add coffee and vanilla. Cool. Pour into 1/2 gallon jug. Add vodka and glycerin.

BISSAP

1 bag of bissap leaves
lots of sugar to taste
water
mint leaves or sirop de menthe (opt)

Depending upon how strong you want your bissap add one medium bag (a water bag size) of bissap leaves to 2 to 3 liters of boiling water. Boil for 5 to 10 minutes. Let cool. Strain out leaves. Add sugar to taste.

Note: if using mint leaves add when adding bissap leaves. If using sirop de menthe add when adding sugar.

GINGER BEER (like root beer)

4 oz. dried ginger root
1 gallon water
juice from 1 lemon
1 package yeast (about 1 T)
1/2 lb. sugar

Pound the ginger root to bruise it, then boil in 1/2 gallon water for about 20 minutes. Remove from stove and set aside. Mix lemon juice and package of dry yeast in a cup of warm water. Add to the water in which ginger root was boiled. Pour in remaining water and let mixture sit for 24 hours. Strain out the root and stir in sugar. Bottle and place in refrigerator. Do not store at room temperature or bottles may explode. Unfortunately, this recipe will only work if you have a refrigerator or plan on drinking all of the beer in one setting.

SANGRIA

4 c dry red wine
4 c water
3/4 c grenadine syrup (or sugar to sweeten)
3/4 c lime juice
1 orange thinly sliced
1/2 c chopped pineapple

Mix it up and serve chilled

TEPACHE (fermented pineapple drink)

1 whole pineapple
12 c water
20 oz raw brown sugar
1. 3" cinnamon stick
3 whole cloves

Wash pineapple thoroughly. Remove stem and cut into large pieces. Place in a large bowl and add 8 c water, sugar, cinnamon, and cloves. Cover and let stand in a warm place for 48 hours. Strain and add 4 c water, or if you prefer, add 1 c lager beer and let stand an additional 12 hours, then strain and add 3 c water. Serve cold with ice.

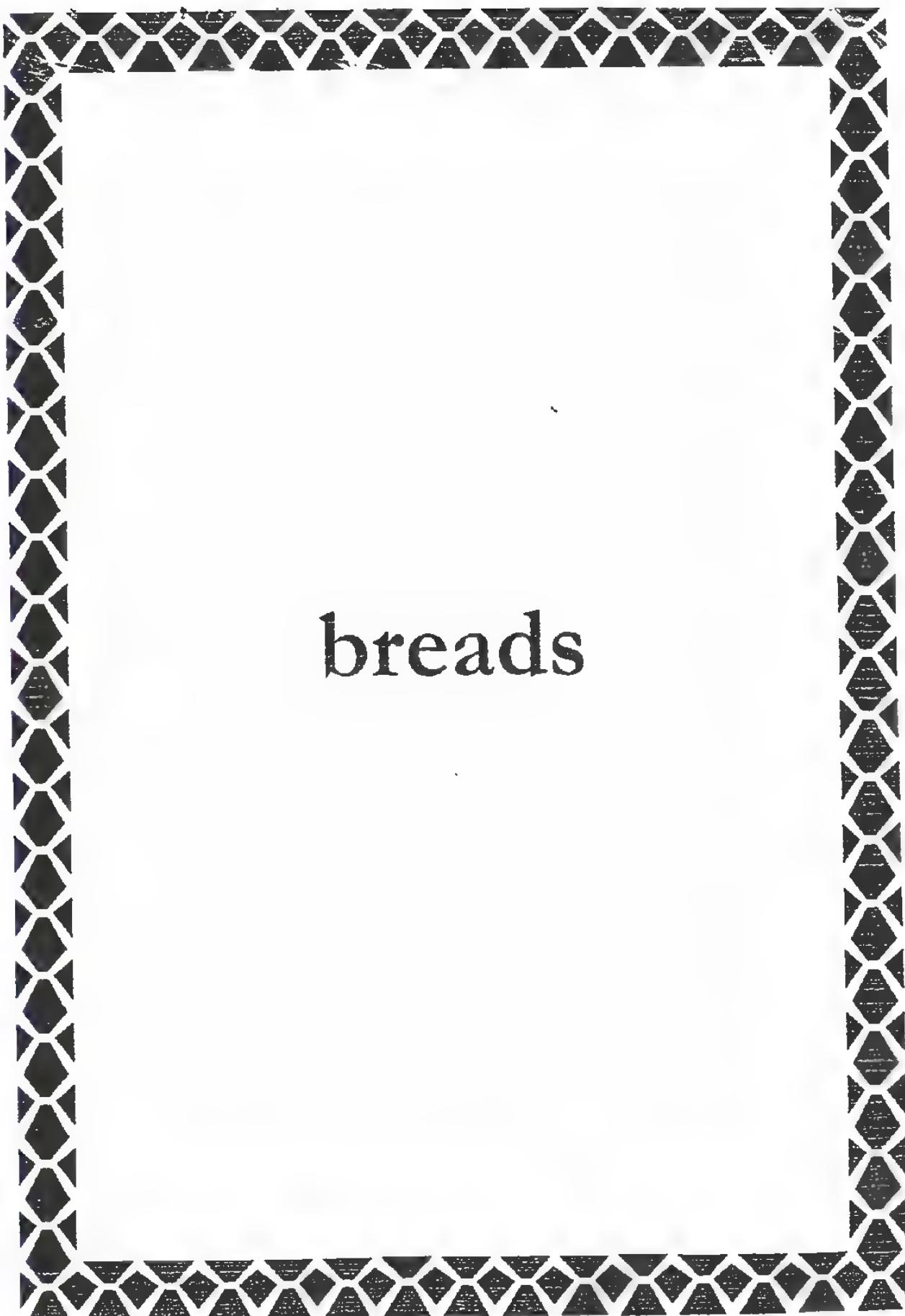
EGGNOG

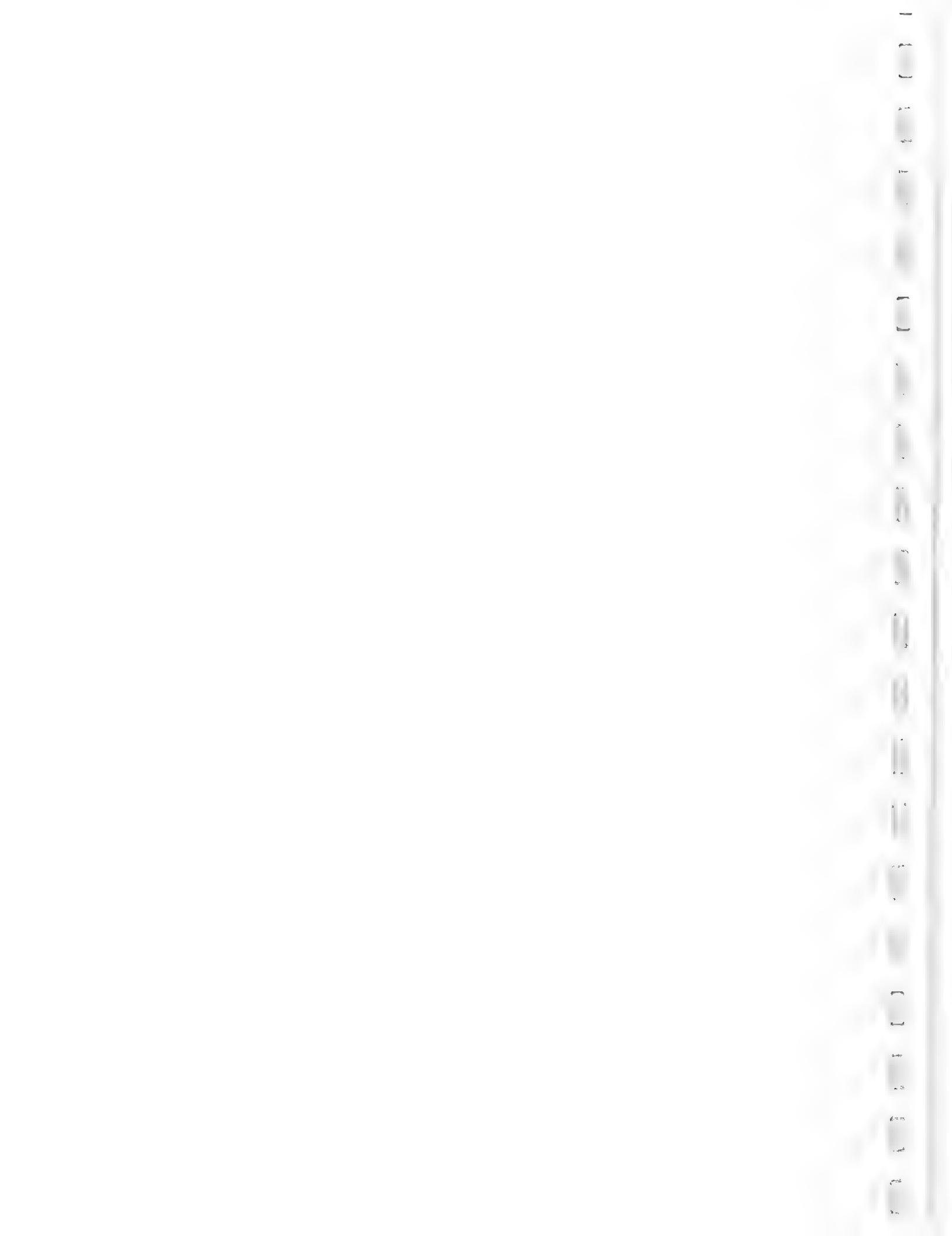
2 c milk
2 T vainilla, or a zest of lemon or orange
2 eggs
ice, crushed (opt)

Combine all ingredients in a large glass jar. Shake well and chill. Serve with whisky, cognac, or rum. Sprinkle with nutmeg before serving.



breads





BREAD MAKING BASICS:

The instructions for making basic white bread can be used as a guide for almost all other yeast breads.

First, making the dough. Heat liquids in a saucepan until bubbles appear around the edges of the pan. Remove from the heat and let cool to about 110°. The liquid should be a little warmer than body temperature (unless you're making this while in the middle of a malaria attack, then it will be about body temperature). To test, place a drop of liquid of your wrist. The liquid should feel only slightly warm.

Next, testing the yeast. Make sure the water is not more than 115°. Higher temperatures kill yeast. Again do the same wrist test. Now sprinkle the yeast over water; stir. Next add two tablespoons sugar; stir. Set aside for 5 to 10 minutes to "proof" the yeast (AKA, to see if it is alive). If it is, small bubbles will appear on the surface.

Now, kneading the dough. The secret of making bread is to use as little flour as possible and still be able to handle the dough. Any flour beyond this amount will tend to make the bread heavy and tough. Keep this in mind when mixing and kneading. The purpose of kneading is to distribute the yeast cells through the dough. Turn out the dough onto a lightly floured board or countertop. Sprinkle the dough lightly with flour. Knead by folding the dough toward you, then push down with the heels of your hands. Fold the dough over again, give it a quarter turn, and repeat the kneading. Try to develop a rhythmic motion. Continue kneading and turning for 10 minutes or until the dough is smooth and elastic. To test the dough to see if it has been sufficiently kneaded, press two fingers into it about 1/2 inch deep. The dough should spring back. Sometimes blisters will form on the dough.

Onto the first rising. Grease a large mixing bowl with about 1 T of butter or shortening. Place the ball of dough into the bowl and roll the dough around to cover it with butter. This will keep the surface from cracking as the dough rises. Cover the dough with a towel or plastic wrap. Let rise in a warm, draft free place for 1 to 1 1/2 hours or until doubled in

size. To test to see if the dough has risen sufficiently, make an indentation by pressing two fingers into the dough about 1/2 inch deep. If the dough does not spring back, it is ready. If the dough has risen a little too much it will not be seriously affected; however, excessive rising can change the texture and flavor of the bread. When it's sufficiently risen, punch the dough down with your fist to deflate it. Turn it out on a lightly floured board, then knead well about 2 minutes. Cover with a towel and let rest about 5 minutes.

And then, the second rising. Place dough in desired well greased pans. Punch the tops of loaves with melted butter or oil. Cover pans with a towel. Let rise as before in a warm, draft free place until the dough has double in size. The purpose of the second rising is to give the dough a finer grain. This rising will take less time than the first rising; about 1/4 to 1 1/4 hours.

Finally, baking the bread. For glazed loaves, gently beat one egg yolk with 1 T of milk. Lightly brush the top of each loaf with this mixture just before putting the bread in the oven. Bake the loaves 40 to 50 minutes. To check to see if the bread is ready, tap the top of a loaf with your middle finger. If done, the bread will sound hollow. To test further, take a pot holder in each hand, turn the loaf out of the pan, and tap the bottom of the bread with your finger: it should sound hollow. If it is soft on the bottom, return the bread to the pan, bake 5 to 10 minutes more. Test again.

LAZY BREAD

Find a boulangerie or someone who makes bread in your village and buy the dough from them. You might get a strange look the first time, but people think we are strange anyway.

This can be used as instant pizza dough, breakfast bread, or anything else your heart desires.

To dough add: chopped onion, fresh ground pepper, olives, herbs, parmesan cheese, cinnamon, sugar, raisins...

BASIC BREAD I

2 cups milk
 1 T salt
 2 T butter
 1 package (1 T) active dry yeast
 1/2 cup warm water
 2 T sugar
 6-7 c unsifted flour

Follow the instructions for basic bread making.

BASIC BREAD II

2 c liquid
 1/3 c sugar
 1/3 c oil
 1 package (1 T) yeast
 1 t salt
 4 to 6 c flour

Heat liquid until just warm and add sugar. If making sweeter version add milk now. Test liquid. When it is only slightly warm to the touch, add yeast. Set aside for 10 minutes. Add oil. Gradually stir in flour until dough pulls away from the sides of the bowl. Knead dough for about 5 minutes. Place in greased bowl, cover and let rise in a warm place until about double in size (about 1 hour).

Use for bread, pizza, sweet rolls etc.

When baking, bake until golden brown on outside

Note: For a sweeter dough, increase the sugar to 3/4 c, add 1/8 to 1/4 c milk powder and 1 t vanilla flavoring

CINNAMON ROLLS

Roll out basic bread I or II dough. Brush melted butter or spread butter on dough. Sprinkle generously with sugar and cinnamon. Add nuts or raisins if desired. Roll up. Cut into 1 to 1 1/2 inch rolls. Place into well greased pan or muffin (tomato sauce) tins. Bake. Drizzle a mixture of powdered sugar and milk on top if available

BASIC QUICK BREAD

2/3 c whole wheat flour
 2/3 c white flour
 1 1/2 t baking powder
 1/2 t salt
 2 heaping T margarine
 1/3 c powdered milk
 1 1/2 c water

Mix all ingredients. Pour into frying pan, cover and bake about 15 minutes or until done.

ITALIAN QUICK BREAD

To the basic quick bread recipe add 1 t garlic powder, 1 t crushed oregano, 2 t vinegar (opt), 3 T Parmesan cheese, and 1 T dried onion. Mix all ingredients together and bake as above

YEAST PIZZA DOUGH

3 c warm water
 3 T yeast
 3 T sugar
 2 t salt
 6 T oil
 9 c flour

Mix all the ingredients. Knead a bit. Let rise 1 hour. This makes 3 cookie sheets of pizza crust. Bake for 10 minutes at 350 degrees. Add toppings and bake until bubbly. You can store unbaked dough in the fridge for 6 days.

This dough works great for calzones too!

SKILLET CORNBREAD

1 1/4 c cornflour
 3/4 c flour
 3 T sugar
 1 t salt
 2 1/2 t baking powder
 1 egg, beaten
 1 c milk
 3 T margarine

Combine dry ingredients. Add wet ingredients. Pour into skillet and cook, uncovered, 25-30 minutes

CORN BREAD

3/4 c cornmeal
1 c flour
1/3 c sugar
1 T baking powder
3/4 t salt
1 c milk
1 beaten egg
2 t oil

Mix the dry ingredients together. Combine the wet ingredients and the mix the two mixtures together. Bake in 350 degree oven until done.

PITA BREAD

1 1/2 t active dry yeast
a little oil
1 1/2 t salt
1 T honey
1 c wrist temperature water
3 c flour

Dissolve yeast in water with 1 t honey; let stand 5 minutes

Add remaining honey, flour, salt, mixing enthusiastically with a wooden spoon until well combined.

Turn out and knead 10 minutes; add more flour if it's sticky.

Oil mixing bowl, return dough to bowl and lightly oil top surface of dough; cover, let rise 1 1/2 hours in warm place.

Punch dough down and knead for a few minutes; divide into equal pieces; form each piece into a smooth round ball; cover with a towel and let stand 15 minutes

Warm oven to 475 degrees when you set balls out to shape; the high temperature helps create the pockets.

Roll each ball to 1/2-in. thickness; place on ungreased tray; bake on lowest possible oven rack for 10 minutes or until puffed and turning brown.

Wrap freshly baked breads in a towel. Place in a paper bag for 15 minutes. This maintains the pockets as loaves deflate.

ROTI (Indian Flat Bread)

2 c flour
1/2 t baking powder
1/2 t salt
1/2-3/4 c milk
oil

Sift together the dry ingredients. Stir in 1/2 cup milk; add more as needed to create a stiff dough. Knead on a well floured board. Shape into four balls. Roll each ball into a 8-9" circle. Brush each with oil and then roll into a ball again. Cover them and let sit 15-20 minutes

Roll them out again to their original size. Heat a heavy skillet and cook each roti for about 1 minute, then flip it and cook until lightly browned on both sides. Let it cool until you can handle it, then pat it in your hands until it is supple. Keep them moist by covering them. Eat them as a flat bread or stuff them like tortillas

OLD-FASHIONED BREAD STUFFING

1 c finely chopped celery
1/2 c chopped onion
1/2 c butter or margarine
1 t sage
1/2 t salt
1/8 t pepper
8 c dry bread crumbs
2 chicken maggi cubes dissolved in
3/4-1 c water

In a saucepan cook celery and onion in butter till tender but not brown; remove from heat and stir in poultry seasoning or sage salt, and pepper. Place the dry bread cubes in a large mixing bowl. Add the onion mixture. Drizzle with enough broth or water to moisten, tossing lightly. Bake 20-40 minutes

Variation: Prepare as above using 5 cups of attchieké instead of bread crumbs

CROUTONS

Cut French bread into 1 inch cubes. Heat 3 T oil in skillet. Add spices: salt, pepper, basil, garlic, oregano. Stir until cubes are golden and crunchy.

Sprinkle parmesan cheese over hot croutons, if available. Serve right away because they lose their crunchiness quickly.

COCONUT QUICK BREAD

4 c flour
1 1/3 c sugar
1/2 t of salt
1 egg
1 c coconut milk or regular milk
3/2 c melted butter
1 t vanilla
2 c fresh grated coconut
1 c raisins (opt)

Preheat oven to 350°F. Combine the flour, sugar, and salt. Blend in the egg, milk, butter, and vanilla. Mix in the coconut and raisins. Turn on to a floured board and knead lightly. Shape into 2 loaves and pat into 2 loaf pans. Bake for 45 minutes, or until a toothpick or knife comes out clean.

BITSCUTS SUPREME

2 cups flour
4 t baking powder
2 t sugar
1/2 t cream of tartar (opt)
1/2 t salt
1/2 c shortening (or Blueband)
2/3 c milk

Stir together flour, baking powder, sugar, cream of tartar, and salt. Cut in shortening till mixture resembles coarse crumbs. Make a well in the center; add milk all at once. Stir just till dough clings together. Knead gently on a lightly floured surface for 10-12 strokes. Roll or pat to 1/2" thickness. Cut with a 2 1/2" biscuit cutter, or any thing that resembles one, dipping cutter in flour between cuts. Transfer to an ungreased baking sheet. Bake in oven for 10-12 minutes or till golden. Serve warm

Cornmeal Biscuits: Prepare as above, except use only 1 1/2 c all-purpose flour and add 1/2 c yellow cornmeal. If desired, stir 1/4 t ground sage into flour mixture.

Garden Biscuits: Prepare biscuits as above, except add 2 T finely chopped carrot, 1 t finely snipped parsley, and 1 t finely chopped green onion to flour mixture with the milk; mix well.

BULGUR BREAD

2 c bulgur
1 t salt
1/2 c minced onion
2 c flour (more or less)

Combine bulgur, salt, and onion. Pour over 2 c boiling water and let stand 30 minutes. Add 1 c flour and process until smooth. Knead 4-5 minutes adding flour to keep from sticking. Let dough stand from between 5 min to 3 hours. Heat a skillet over high heat. Roll rounds as thin as possible 8-10" in diameter. Cook until flatbread begins to brown around the edges. Flip and cook the other side. Keep warm by stacking and wrapping in a clean towel.

CHAFATIS (Indian Bread)

2 c flour (whole wheat is preferable)
1/2 t salt
2 T vegetable oil
1/2 c water
margarine for brushing chapatis

Mix together flour and salt. Add vegetable oil and run into flour with your fingers until mixture is homogenous. Quickly stir in water and start working the dough with your hands in the bowl until it holds together easily. If dough crumbles, add a little more water. Knead dough lightly on a lightly floured surface until it is smooth and elastic--about 5-10 min. Divide into 12 balls. Roll out each ball into thin circles 7 inches across. Stack and cover to prevent drying. Heat frying pan and cook each chapati 1 min. on each side until there are brown spots. Press down if it puffs up. Brush with melted butter

CIABATTA (Italian "Slipper" Bread)

1 t yeast
1 c water
1 c flour
1 t sugar
1 t salt
1 T olive oil
2-3 c flour

Mix yeast, water and 1 c flour in one bowl. Mix remaining ingredients in another bowl. Add the mixtures. Beat 10 minutes. Allow to

double in size. Pour onto pan and allow to double in size again. Bake for 30 minutes.

DUMPLINGS

1 c flour
2 t baking powder
1/2 t salt
1/2 c milk

Mix all the ingredients together. Drop by spoonfuls into boiling soup or gravy. Cover and cook for 15 minutes.

HUSH PUPPIES

1 beaten egg
1 c buttermilk or sour milk (sour milk=1 c milk + 1 t vinegar; let rest 5 min.)
1/2 c finely chopped onion
1/4 c water
1 3/4 c cornmeal
1/2 c flour
1 t sugar
2 t baking powder
1 t salt
1/2 t baking soda
shortening or cooking oil for deep frying

In a mixing bowl stir together egg, buttermilk or sour milk, onion, and water; set aside. In a large mixing bowl combine cornmeal, flour, sugar, baking powder, salt, and baking soda. Add egg mixture to cornmeal mixture; stir just till moistened. Drop batter by tablespoons into deep hot fat. Fry about 2 minutes or till golden brown, turning once. Drain on paper toweling. Serve hot with butter or margarine, if desired.

Variations: 1/4 to 1/2 c finely chopped hot pepper can be added with onion for a spicy hush puppy.

Add 1/4 to 1/2 c finely chopped green pepper with onion for a nice garden flavor.

ENGLISH MUFFINS

1 c hot water
1/2 c scalded milk
2 c sugar
1 t salt
1 T yeast
2 T warm water
4 c flour
3 T softened butter

Combine water, milk, sugar, and salt. Dissolve yeast in 2 T water. Combine the two mixtures. Beat 2 c flour into the mixture. Cover bowl with a damp cloth and let rise in a warm place until it collapses back into the bowl. Beat in butter. Beat or knead in remaining flour. Let dough rise again until doubled. Place on a lightly floured board. Pat out until about 3/4" thick. Cut into three-inch rounds (use a glass or empty tin can). Let stand until doubled--do not place them too close to one another. Cook until light brown on a fairly hot grill or in a frying pan that is well buttered. Turn once. Cool.

To serve, split with a fork and toast in the oven. Serve with butter and jam. These muffins are also great for making miniature pizzas.

BASIC MUFFINS

1 3/4 c flour
1/4 c sugar
2 1/2 t baking powder
3/4 t salt
1 beaten egg
3/4 c milk
1/3 c cooking oil

In a large mixing bowl stir together the flour, sugar, baking powder, and salt. Make a well in the center. Combine egg, milk, and oil. Add egg mixture all at once to flour mixture. Stir just until moistened; batter should be lumpy. grease muffin cups or line with paper bake cups; fill 2/3 full. Bake in oven for 20 to 25 minutes or till golden.

Jelly muffins: Prepare muffins as above, except spoon 1 t jelly atop batter in each muffin cup before baking.

Banana-Nut Muffins: Prepare muffins as above, except decrease milk to 1/2 c. Stir in 1 c mashed banana and 1/2 c chopped nuts into batter.

Fruit Muffins: Prepare muffins as above, except decrease milk to 1/2 c. Stir in 1 c chopped fruit such as mango or pineapple.

Lemon-Orange Muffins: Decrease milk to 1/2 c. Add 1/4 c orange juice, 1 t lemon peel, 2 T lemon juice, and 1/2 c oats.

BANANA BREAD

1 c sugar
1/3 c margarine or butter
2 eggs
1 1/2 c ripe mashed bananas
1/3 c water
1 2/3 c flour
1 t baking soda
salt (opt)
1/4 t baking powder
nuts, chocolate chunks (opt)

Grease bottom of pans and preheat oven to 350 degrees. Mix sugar, butter and eggs. Add banana and water. Beat 30 seconds. Add dry ingredients. Bake 45-60 minutes depending on conditions.

Squash-Chocolate Bread: Substitute 1 c cooked orange squash for the bananas. Increase sugar to 1 1/2 c, and add 1 1/2 t each of cinnamon & nutmeg, add 1/2 t ginger, and some chocolate chunks. Trust me, it is very, very good when served warm.

PEANUT BUTTER BANANA BREAD

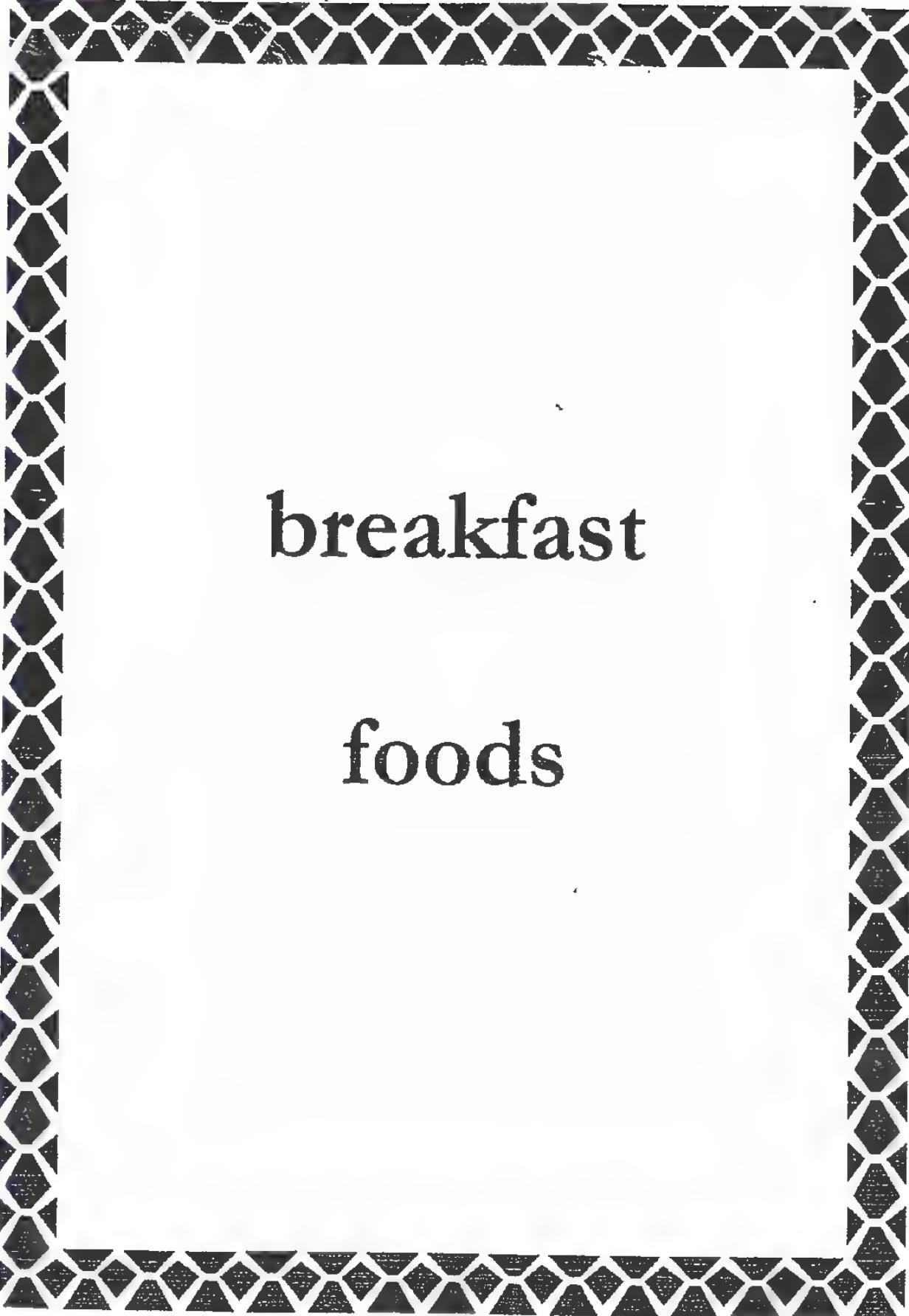
1/2 c peanut butter
2 heaping T margarine, melted
1 c crushed banana chips
1 c whole wheat flour
1/2 t salt
2 c water
1/2 c honey
2 T powdered egg
1 c white flour
1 1/2 t baking powder
3/4 c powdered milk

Mix peanut butter, honey, and margarine. Blend dry ingredients. Add with water to peanut butter mixture and stir well. Bake in covered frying pan approximately 25 minutes.

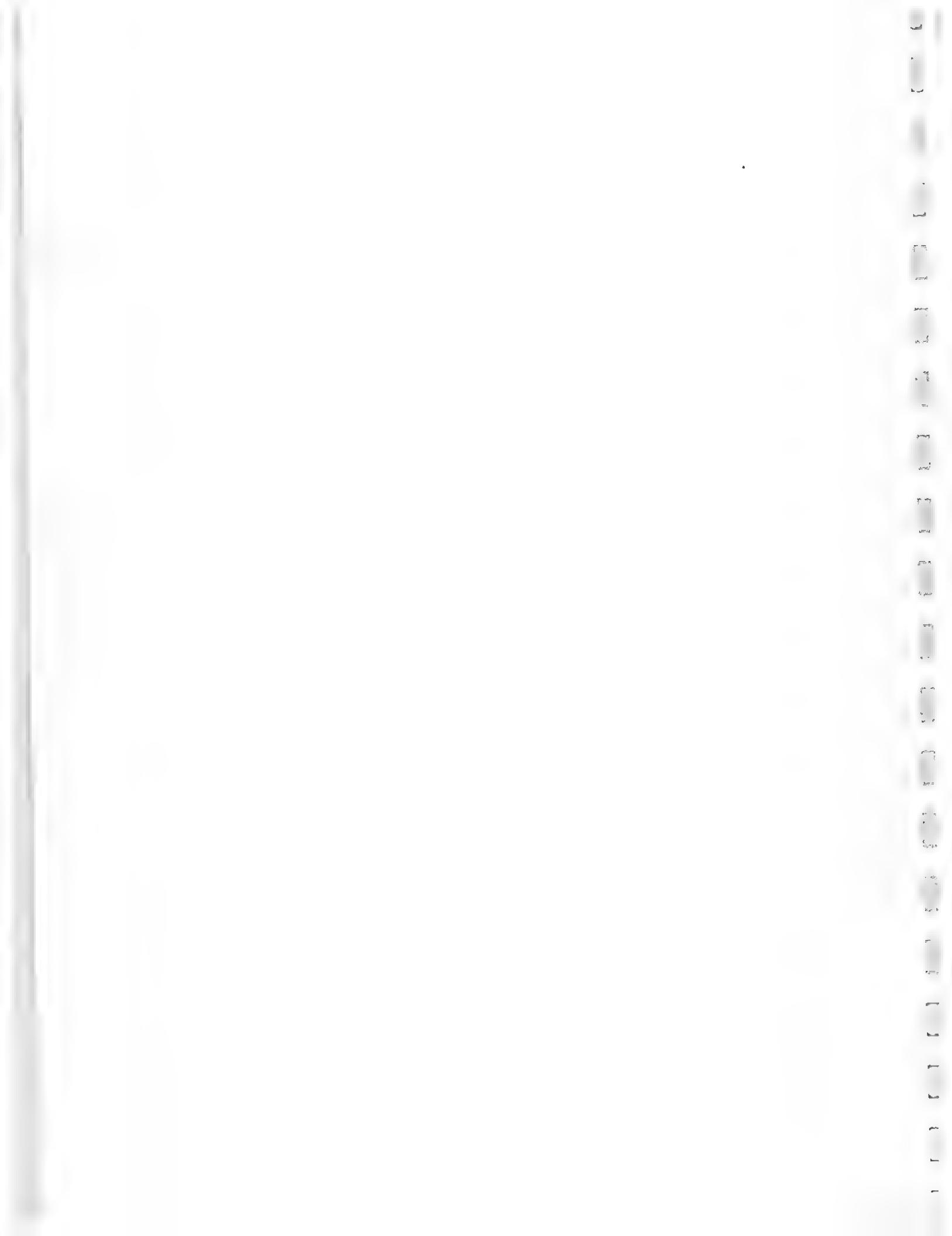
ZUCCHINI BREAD

2 c flour
2 t baking soda
1 t salt
1/4 t baking powder
3 t cinnamon
1 c vegetable oil
3 eggs
2 c grated zucchini
2 t vanilla
1 c raisins
1 c walnuts
1 1/2 c sugar

Combine dry ingredients. Combine eggs, oil, sugar, zucchini and vanilla; add dry ingredients. Pour into a greased pan and bake.



breakfast foods



HASH BROWNS

1/4 c oil
1 lb potatoes coarsely grated

Heat oil in frying pan. Add potatoes and salt, press down. Fry until golden brown.

3 t baking powder
1 egg, beaten
2 T oil
1 c water (or enough to form pancake consistency)

Mix well. You know the rest. Makes about 12 dollar sized or eight 4-inch pancakes.

HASH BROWNS FOR ONE

1 potato
1/2 small onion
seasoning

Boil the potato. Dice. Put in skillet with onions in a small amount of oil; season to taste. Fry until golden brown.

For variation, try adding:

1 c oats
2 T bulgur (softened in a bit of water)
chopped raisins or dates
smashed bananas
cinnamon
2 T orange juice and 1/2 c grated coconut

BREAKFAST HASH

1 can corned beef (the good kind)
potatoes (or sweet potatoes), boiled then diced
1 onion, chopped
salt, pepper
2 T Nido (opt)
2-3 T butter or margarine

Combine all ingredients, except butter. Melt butter in a skillet and add other ingredients. Cook 40-45 minutes, or until golden brown. If desired, break an egg over everything 10 minutes before done; cover and let cook.

COCONUT BREAKFAST BREAD

1 1/2 c grated
2 c flour
1 t salt
1 1/2 c warm water
1 t vegetable oil

Combine coconut, flour, and salt. Add water and mix gently. Heat griddle over medium-high heat, add oil to griddle and spread evenly. Drop 4-5 heaping T of batter onto skillet leaving space in-between. Flatten rounds to 1/4" thick. Cook until brown on the bottom, 3-4 minutes. Flip and cook 3-4 minutes longer. Remove and cool.

CREPES

2-3 eggs
1 T sugar
1-1 1/2 c flour
1 c water
3 T powdered milk

Mix and cook. Batter should be quite thin. Plan to cook one at a time. Good with syrups, fresh fruit, yogurt, honey, a cream sauce with veggies (pot pie-esque) or ratatouille.

RAISIN SCONES

2 1/4 c flour
1 t baking powder
1/4 t baking soda
1 T sugar
pinch of
1/2 c butter
1/2 c raisins
1/2 c heavy cream (more if needed)
melted butter & sugar for tops

Combine dry ingredients. Using two knives, cut in butter until mixture resembles fine crumbs. Stir in raisins. Mix with fingers adding just enough cream to hold the mixture together. Mold into a rectangle, wrap in plastic, and chill 30 min. to overnight. Roll out dough 1/2" thick and place cutouts on ungreased baking sheets. Brush tops with melted butter and sprinkle with sugar. Bake until scones are golden brown and puffy.

PANCAKES

1 1/4 c flour
2 T powdered milk
1 T sugar
1/2 t salt

POTATO PANCAKES

2 1/2 c grated raw potatoes (about 3 medium)
1 t salt
dash pepper
2 eggs
2 T flour
1 T finely chopped onion

Combine all ingredients. Drop by spoonfuls onto a lightly oiled hot skillet. Fry until brown on one side, then turn and brown on other side. Drain.

BANANA FRITTERS

3 c flour
4 t baking powder
1/2 t salt
2 eggs
1 1/3 c milk
4 bananas

Mix dry ingredients. Beat eggs, add milk and stir into dry ingredients. Remove skins from bananas; cut fruit into small bits and stir it into batter. Drop by tablespoonfuls into hot oil and fry to delicate brown.

YELLOWSTONE DOUGHNUTS (BEIGNETS)

3 eggs
5 t baking powder
1 t nutmeg or vanilla
1 c sugar
1 t salt
3 T
oil
1 c milk
4 1/2 c flour
oil for frying

Separate whites and yolks of the eggs. Beat whites for 5 minutes or until stiff and dry. Beat in the yolks one at a time. Beat in sugar gradually. In another bowl, combine flour, baking powder and salt. Add dry mixture, a little at a time, to egg mixture, alternating with milk. Add nutmeg or vanilla and oil. Stir well. Heat oil. With 2 spoons, drop small balls of dough into oil. Turn as they brown. Remove and drain. When cool, roll in sugar and/or cinnamon, powdered sugar, honey...

GRANOLA

3 c oats
3 c flour (preferable wheat)
2 grated coconuts
1 c brown sugar
2 c cornmeal
1/2 c butter
2 t salt

Toast in skillet with a little oil. Tasty with fresh fruit, lait caillé, yogurt, etc.

YOGURT WITH STUFF IN IT (BICHERMEUSLI)

1 c oats
1/2 c sugar
juice of 2 oranges
1 apple, cut up
3-4 bananas
any other fruit
some raisins, 1/4 c or so
2 1/2 c yogurt

Mix. Serve with peanuts. Coconut strips are good in/on this too.

RAITA

2 ripe
3 c yogurt
dash of cayenne, cinnamon, and/or cardamom
1 t lemon juice

Blend 1 banana with yogurt (mush it up). Chop other banana into 1/2 inch chunks. Combine all and chill.

FRENCH TOAST

1 baguette or 1 loaf sweet bread cut in slices
2 eggs
1 cup milk
1 t vanilla extract
1 t cinnamon
oil

Mix eggs, milk, vanilla extract, and cinnamon. Dip bread in batter. Cook in pan turning once until golden. Serve with syrup, sugar, or jam.

YOGURT BASICS:

Every cook has, after much effort, found his/her yogurt recipe which he/she feels is THE way to make yogurt. We have compiled several here for you to consider.

Use 2 t starter to 4 c liquid. Using more starter will make the yogurt sour and watery, as the bacillus does not like to be crowded. Sour yogurt or curdled yogurt can be used in baking for buttermilk and as a starter for a new batch. The more milk powder you add, the thicker the yogurt will be.

Yogurt curdles and separates if the milk is too hot.

FYI: Plain yogurt can be used as a sour cream replacement.

YOGURT #1

1 liter water
1 kilo powdered milk
yogurt culture (1 little can of yoplait)
juice of 2 citron (opt)
sugar to taste

Boil water, remove from heat, add some water to the powdered milk then add the water to the milk (no clumping this way). Cool until warm. Add yogurt culture and sit out overnight to set. If this is not sweet enough add sugar to taste. The following morning sift the yogurt to remove any clumps add citron if so desired.

YOGURT #2

1 carton of yogurt
1 can evaporated
1 c powdered milk
enough water to make 1 liter

Heat the condensed milk, powdered milk, and water until lukewarm. Whisk the yogurt in a bowl. Add a little milk and whisk. Add the remaining milk and mix. Cover the bowl and wrap in a towel. It should be yogurt in 6-8 hours

YOGURT #3

2 c water at room temperature
2 c milk powder
2 T yogurt starter
2 c tepid water

Mix the tepid water, milk powder, and yogurt together. Add the hot water and cover and set in a quiet corner. Wrap in a thick nest of towels (like 8). Check after 3-4 hours.

CREAM CHEESE (Kinda)

Prepare or buy yogurt. Strain though a cloth, letting drain overnight. Refrigerate.

RICOTTA

1/2 small can (400 g) powdered milk
1 liter water
4 T vinegar (plus 1)
1 t salt

Mix ingredients well and heat over low fire. DO NOT BOIL (ever)! When the mixture is hot, sprinkle one more tablespoons vinegar over it. In theory, the coagulated cheesy stuff will rise gradually to the surface. Skim it off and drop it in COLD water, then pour off the water and put the ricotta in a strainer to drain away whatever water remains. Boiling, cooking too long, etc. will cause ricotta to be rubbery. Be patient; the process takes one to one and a half ours. Makes approximately one cup of ricotta, but oh so good! (Great for manicotti, stuffed shells, lasagna and dozens of other dishes.)

COTTAGE CHEESE

Bring 4 quarts water and 4 T vinegar to a boil. Remove from heat. Mix 1 c powdered milk with 1 c water. Pour milk into hot vinegar water. Let sit 3-5 minutes. Strain. Rinse curds with fresh water. Let dry (Don't squeeze.)

FYI: The remaining liquid is whey.

CHEESE

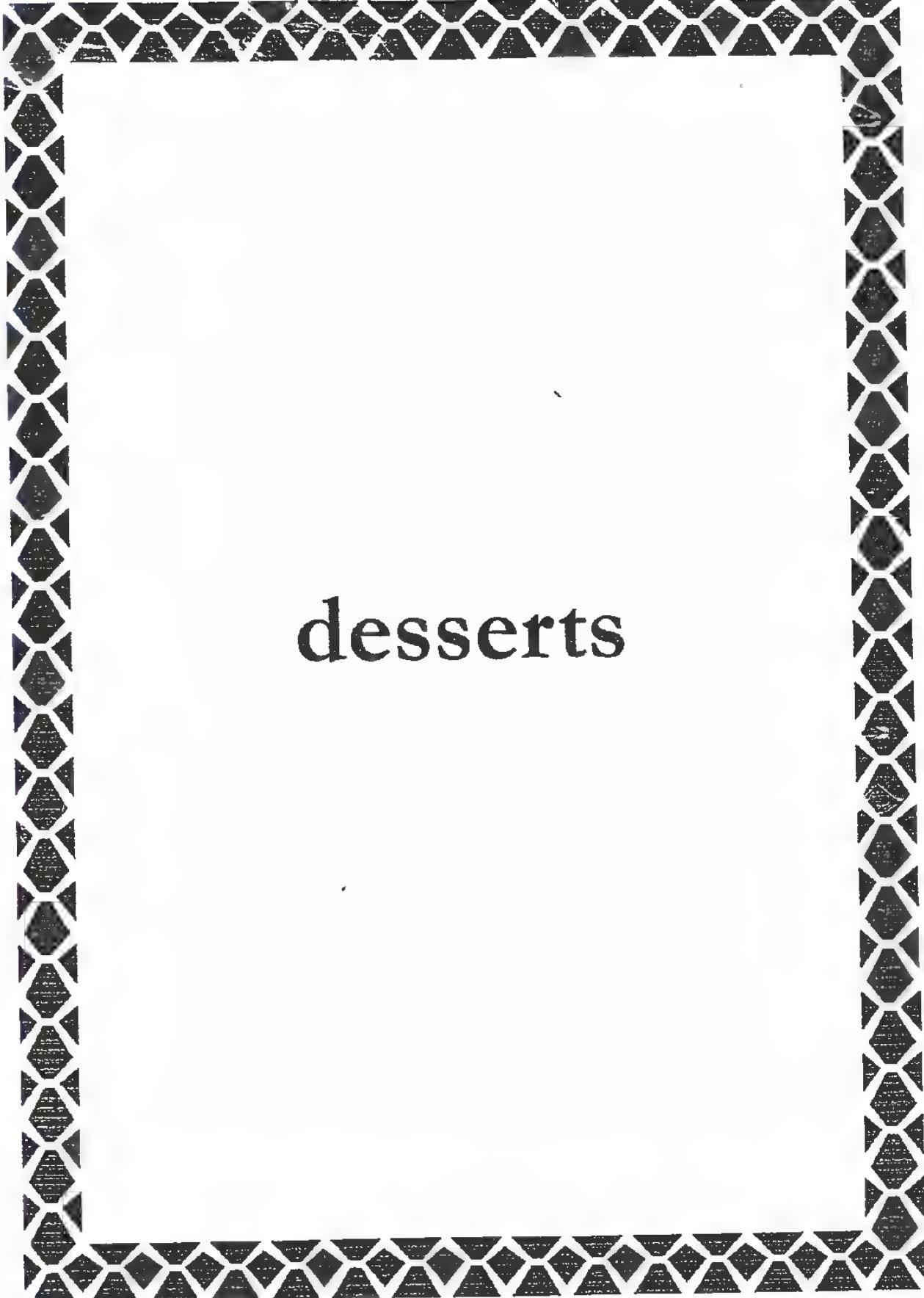
2 c milk powder
salt
spices
water

Add salt and spices to the dry milk powder. Chopped bits of onion, garlic, chili powder etc., can also be added. Add just enough liquid to create a thick ball. Put the cheese mix in a clean bandanna (or in the case of my site partner, in a pair of boxer shorts) and press it overnight on a clean surface with a brick, heavy pan, or stack of books. The next day you will have a cheese round which can be crumbled up for pizza topping or cut in slices and eaten with crackers. This cheese is also good toasted in a skillet.

QUICHE

1 uncooked pie crust
3-5 eggs
1-2 c evaporated milk
1/2-1 c grated cheese (Emmenthal)
1 small chopped onion
salt, pepper, cayenne, parsley

Preheat oven to 350° F. Beat eggs. Add milk and seasonings. Stir well. In the pie crust (unbaked), place the ham (shrimp or bacon), onions, mushrooms (artichokes). Cover with grated cheese. Pour egg mixture over everything. Bake 30 minutes to an hour, or until light golden brown. A knife inserted in the center should come out clean.



desserts

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FUDGE I

1 3/4 c sugar
6 oz evaporated milk (small can)
2 T butter
pinch of salt
1 1/2 c broken up
22 marshmallows, or 1 container marshmallow
creme (American Food Store, maybe?)
1 t vanilla

In saucepan, melt and mix sugar, milk, butter and salt and bring to a boil. Stirring constantly let boil for 5 minutes. Remove from heat and add chocolate, marshmallows and

Spread onto a buttered plate and let cool.

Note: The trick with this fudge is how long you boil it; too long will make concrete and too short will be a gooey mess (which still tastes good...). Altitude and humidity can effect the outcome, so you may have to experiment.

FUDGE II

1/3 c milk
3 T cocoa
1 T margarine or peanut butter
1 c sugar
2 T margarine
2 t vanilla
2 1/3-3/4 c powdered milk
1/2-1 c peanuts

Mix together the first five ingredients. Boil 2 minutes, beginning counting when bubbles cover the entire surface. Remove from heat, cool and add the rest of the ingredients. Stir until smooth and creamy. Turn onto buttered wax paper or plate.

CREAMY MOCHA FUDGE

500 g patisserie chocolate
397 g concentrated sweetened milk
4 sachets Nescafé
3 T water
1 t vanilla

Dissolve the instant coffee in 3 T water. Break up the chocolate into pieces. Melt all the ingredients together in a heavy bottomed pan over low heat. Pour into a 9x9" foil lined pan. Chill 3 hours or until firm and cut into squares.

BASIC PIE CRUST

Single crust:
1 1/4 c flour
1/2 t salt
1/3 c shortening (Blueband or 1/3 c oil can also be substituted for shortening)
3 to 4 t cold water

Double crust or lattice top:
2 c flour
1 t salt
2/3 c shortening (Blueband)
6 to 7 t cold water

Stir together flour and salt. Cut in shortening till pieces are the size of small peas. Sprinkle 1 t of the water over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat till all is moistened. Form dough into a ball. On a lightly floured surface, flatten dough with hands. Roll dough from center to edge, forming a circle about 12 inches in diameter. Ease pastry into pie plate being careful not to stretch pastry. Trim pastry.

EASY PIE CRUST

1 c + 1 t water
3/4 c shortening
2 c flour
1 t salt

Heat water to boiling. Add to shortening in bowl and whip until well combined. Mix in flour and salt. Roll out on lightly floured board. Makes 1 9-inch crust.

COOKIE CRUMB CRUST

In a 9-inch pie plate combine 1 3/4 c cookie crumbs, 2 T sugar and 1/3 c butter or margarine, melted, until well mixed. Press evenly in pie plate.

UNRIPE MANGO PIE

Unripe mangos taste like tart green apples, so this pie serves as a good old fashioned apple pie substitute.

1 basic pie crust recipe
6-10 unripe mangos
2 t
1-2 c sugar
1/4 t
1/4 to 1/2 c butter

Make pie crust. Set aside. Peel and thinly slice mangos. Combine cinnamon, sugar, and nutmeg. Add to mangos. Mix well. Turn mixture into pie crust. Dot with butter. Cover with pie crust. Bake for 20-30 minutes.

Note: Amount of sugar used depends on how tart or sweet you like your pies. Taste uncooked mixture to get an idea. Sardine cans work well for making individual pies. Cutting slits in the pie crust cover cuts down on overflow messes.

FRUIT CHEESE PIE

1 9-inch graham cracker crumb crust or baked pastry shell
8 oz cream cheese, softened (Kiri)
14 oz can sweetened condensed milk
1/3 c lemon juice
1 t vanilla extract
21 oz sweet fruit (ripe mangos are yummy)

In large bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in lemon juice and vanilla. Pour into prepared crust. Chill 3 hours or until set. Top with fruit before serving. Refrigerate leftovers.

PUMPKIN PIE

3 c cooked pumpkin or marché squash
2 eggs, beaten
13 oz can evaporated milk
1 unbaked pie crust
1/4 c pulverized peanuts
1 c sugar
1 T flour
1/2 t salt
1/2 t ginger
1/4 t cloves
1/4 t nutmeg
1 t cinnamon

Add eggs and milk to pumpkin and mix. Add sugar, and mix. Sift flour, salt, and spices together. Add to pumpkin mixture and beat. Pour into pie crust. Sprinkle with peanuts and bake at 350 degrees for 50 minutes. Pie is done when knife blade comes out clean.

CHOCOLATE CHESS PIE

Pastry for a 9-inch single-crust pie
2 c sugar
1/4 c unsweetened cocoa powder
1 c evaporated milk
3 beaten eggs
1/3 c melted butter
1 1/2 t vanilla
1/4 t salt

Stir together sugar and cocoa. Add milk, eggs, butter, vanilla, and salt. Mix well but don't allow the mixture to become too frothy. Pour into the prepared pastry shell. Bake till the filling appears set when gently shaken. Filling will fall slightly on cooling and top of pie will appear brownie like. Serve with Creme Anglaise.

Creme Anglaise: Bring 2/3 c whipping cream just to boiling in a heavy saucepan, stirring frequently. Remove from heat. Combine a small amount of the hot cream, 1 egg yolk, and 1/3 c sugar in a bowl. Whip until thick and lemon colored. Gradually stir about half the remaining cream into the egg yolk mixture. Return all the egg yolk mixture to the sauce pan. Cook and stir over medium heat just till the mixture returns to a boil. Remove from heat and stir in 1/2 t vanilla. Cover surface with plastic wrap. Chill till serving time. Do not stir.

AFRICA'S CHEESECAKE

Crust:

3/4 c flour
3/4 c oatmeal
1/2 c brown sugar
1/4 c butter (or oil)

Filling:

1 small can sweetened condensed milk
1 c yogurt
1/4 c lemon or orange juice

Topping:

fruit (pineapple, mango, papaya, or strawberries)

water
cornstarch

Mix until crumbly: flour, oatmeal, brown sugar, and butter. Pat into the bottom of a square 8" baking pan. Combine milk, yogurt, and juice. Mix well. Pour over crust. For topping, cook fruit with sugar and water. Thicken with about 2 T cornstarch. Cool slightly, then pour over yogurt filling. Bake for 30 min. in 350°F oven. Can be eaten warm or chilled. Keeps up to 4-5 days, refrigerated.

NEVER FAIL CHEESECAKE

Crust:

1 pkg Petit Beurre cookies
cinnamon
butter

Filling:

30-35 squares KIRI (cream cheese)
3 eggs, beaten
3/4 c sugar
1 t vanilla, lemon, or rum extract

Crush cookies. Add cinnamon to taste. Melt butter and add to crumbs. Pat crumbs into bottom and sides of pie tin. You can save a few tablespoons to garnish the top. Mash KIRI in a large bowl. Add beaten eggs. Mix. When it reaches uniform consistency, add sugar. Mix. (No need to eliminate all lumps; baking will do that.) Add vanilla. Pour filling into crust. Sprinkle remaining crumbs on top. Bake in 350°F oven for about 30 minutes. Cool and refrigerate until serving.

CHOCOLATE PUDDING

1/3 c sugar or honey
4 T
2 T
2 c milk
1 t vanilla
1 T margarine (opt)

Combine the first four ingredients in a heavy pan. Cook over low heat until thick, stirring constantly. Remove from heat and add vanilla and margarine. Pour into bowls, let cool.

CUSTARD FLAN

For each serving, brown 4 T sugar in a dry pan. Pour into an empty milk can. In a bowl, beat 3 or 4 eggs with 5 T sugar. Add 4 T milk. Pour into milk can on top of syrup. Put can in boiling water. Cover and cook 30-45 minutes.

RICE PUDDING

1 1/2 c rice (uncooked)
1 c
2 eggs
3 c milk
1/2 c raisins (opt)

Wash and cook rice covered with water until water is absorbed. Add 2 c milk, keep stirring. When milk and rice form a good hot mixture, slightly thick, add sugar. Keep stirring. Cook until boiling, making sure rice is soft and doesn't stick. Remove pudding from stovetop and let it set to cool off about 3-5 minutes. Add the rest of the milk to the rice mixture and then add the eggs, beaten, blending well. Put the pot back on the stove and cook until it begins to thicken. Serve right away if not refrigerated.

Note: sugar may be reduced for a less overwhelming sweetness.

QUICKIE RICE PUDDING

This receipe gives you an excuse to not clean the rice pot until the next day.

To leftover rice, add some milk powder, sugar, a bit of flour for thickening, vanilla, a tiny bit of salt, cinnamon or nutmeg, raisins, bananas, and whatever else. Add enough water to almost cover the remaining rice and cook over medium heat until thick (or thick enough).

COCONUT PUDDING

Add boiling water to 3 c grated coconut just until covered. Let stand for 15 minutes, then strain liquid into a pan. Add 1/2 c sugar, 1/2 c cornstarch, and 1/4 t salt. Cook until boiling, stirring constantly. Boil a few minutes. Pour into shallow pan and let cool.

TROPICAL FRUIT SHERBET

1 ripe mango and/or papaya, to make
1 1/2 c fruit purée
1/2 c water
3/4 c granulated sugar
2 T fresh lemon juice

Remove peel and seeds from fruit. Press through sieve or purée in blender.

Heat water and sugar to boiling. Boil 1 minute or until sugar is dissolved. Add lemon juice. Cool slightly and mix with the fruit.

Place mixture into ice cube trays and freeze at least 4 hours or overnight.

Place frozen fruit cubes into food processor and blend until smooth. (You can try doing this with a mortar and pestle!)

When texture of mixture is soft sherbet, transfer to serving bowl. Return to freezer. Freeze for 30 minutes or longer until ready to serve.

Note: Orange juice may be substituted for lemon juice.

EASIEST ICE CREAM

1 can sweetened condensed milk, chilled
3 c milk
1 t vanilla
pinch of salt

Mix all the ingredients together well. Pour it into a pan and freeze, mixing from time to time.

Variations:

Vanilla: 1/2 t vanilla

Mint: 1/2 t peppermint extract

Chocolate: 1/3 c drinking chocolate

Pumpkin: 1 1/2 c pumpkin purée,
1 t cinnamon, 1/2 t ginger, sprinkle
of cloves and nutmeg

SKEKETE ICE CREAM

1/4 c water
1 T gelatin
3/4 c water
1 can sweetened condensed milk
1 c milk powder
2 c milk
1 T vanilla extract

Soften gelatin in 1/4 c water, and then heat to dissolve. Add the rest of the ingredients and blend well. Churn or freeze in a pan in the freezer. Stir occasionally. For flavorings, see above.

FRUIT FREEZE

3 bananas, mashed
3 lemons, juiced
3 large oranges, juiced
3 c sugar
3 c water

Combine ingredients. Freeze.

PEANUT BUTTER BANANA POPS

Peel six bananas and lay them on a plastic bag covered surface and place them in a freezer until frozen.

Mix 1/4 c peanut butter, 1 small can of condensed milk, 2 T of brown sugar, 1/2 t vanilla, 1 T powdered milk. If the dip is too thick add water, too thin add more milk powder.

Dip frozen bananas in the peanut butter mixture and sprinkle with chopped peanuts or grated coconut. Leave in freezer till coating has hardened.

Note: The plastic bag helps to facilitate the removal of the banana pops. Once hardened they can be stored together without sticking.

FUDGESICLES

3/4 c sugar
3 T cornstarch
1/8 t salt
1/3 c cocoa
3 c milk
2 egg yolks
1 t vanilla

Combine the first four ingredients in a saucepan. Stir in milk. Boil for 1 minute. Beat in a separate bowl the 2 egg yolks with about 1 c of hot mixture. Return to saucepan. Remove from heat. Add vanilla. Freeze.

PEANUT BUTTER KISSES

1 c powdered milk
1/2 c honey
1/2 c peanut butter

Mix ingredients well. Place on wax paper in little balls.

OH MY GOD IT'S GOOD PEANUT BRITTLE

2 c white sugar
1 c toasted peanuts
1 t butter
1/2 t baking soda
1/4 t salt

In a heavy skillet over med. heat, caramelize the sugar by stirring constantly until melted and golden brown 15-20 min. Remove from heat and add peanuts, butter, baking soda, and salt. Stir quickly until all the ingredients are combined. Pour onto a flat, lightly buttered surface. Cool. Break into pieces.

OH MY GOD IT'S GOOD CARAMEL CORN

Pop 4-6 cups of popcorn and place in a lightly buttered metal cuvette. Sprinkle with 1 c roasted peanuts. Follow the directions for the peanut brittle.

Note: The large surface of the cuvette helps facilitate the coating of the popcorn. It takes about 1 minute between the time the sugar is taken off the heat and the time it begins to harden.

SESAME SEED CANDY

1 c sugar
1 c sesame seeds

Melt sugar in a heavy skillet. Remove from heat and mix in sesame seeds. Place on a wooden board and roll out with a wooden rolling pin until 1/8 inch thin. Cut while still warm, or let cool and break into pieces.

NUT SURPRISES

1 1/2 c nuts
1 c raisins
1 c dates
1 c honey

Chop ingredients and set aside 1/2 c nuts. Mix in honey. Butter hands. Roll mixture into balls. Roll the balls in the reserved nuts.

NUTRITIONAL SNACK

1 c peanut butter
1 c dry milk
1/2 c honey
1/3 c raisins, chopped
1/3 c peanuts, chopped
3 T wheat germ (opt)
1 1/3 c toasted sesame seeds

Mix all the ingredients thoroughly. Roll into several rolls. Chill and slice.

CARAMELS/CHOCOLATE CARAMELS

3 T margarine
1 c brown sugar
2 T cocoa mix (for chocolate version)
1/2 c powdered milk
3 T water
1 c nuts, seeds, or popcorn

Mix water into powdered milk and cocoa. Follow the directions for peanut brittle, adding milk mixture after sugar has dissolved and continuing to cook. If mixture is granular, add 1-2 T water and it will smooth out. Drop by the spoonful onto a clean surface.

REESES BARS

1 c melted margarine
1/2 c peanut butter
1 1/4 c cookie crumbs

Mix and spread into pan. Top with melted chocolate and let harden.

NO-BAKE ESKIMO COOKIES

6 T margarine
6 T brown sugar
1 c oatmeal
3 T cocoa mix
1/2 t vanilla
1/2 T water

Mix all ingredients together. Form into walnut sized balls. Eat immediately or let sit in a cool place.

NO-BAKE POWERHOUSE COOKIES

1 c brown sugar
1/4 c margarine
3 T powdered milk
4 T water
1/2 c peanuts
1 c peanut butter
1/2 t vanilla
1 c oatmeal
1/4 c carob chips (opt)

Mix sugar, margarine, powdered milk & water in a pan. Bring to a boil. Reduce heat and boil 3 minutes. Stir constantly to prevent scorching. Remove from heat and stir in remaining ingredients. Drop by spoonfuls onto a flat surface. Let sit for about 10 minutes to set up. In hot weather, they might not set up as well.

NO-BAKE CHOCOLATE OATMEAL COOKIES

2-4 T cocoa 6 cups
2 T oil 1/4 cups
1 t vanilla 1/2 cup
1 c sugar 200 c sugar
1/2 t salt 10+ s
1/4 c milk 5 cup
1 1/2 c oatmeal 32 cups

Boil cocoa, sugar, milk, oil, and salt for 3 minutes. Remove from heat and stir in oatmeal and vanilla. Spoon out into cookies. Let cool and harden.

BOILED PEANUT BUTTER COOKIES

1/2 c peanut butter
2 c sugar
2 1/2 c Quaker oats
1/4 c butter
1/2 c milk
2 t vanilla (or 1 sachet sucre vanillé)

Boil sugar, milk, and butter. Add remaining ingredients and drop onto something to harden.

FRYING PAN COOKIES

1 1/2 t salt
1/2 t baking soda
1 t vanilla
3 1/2 c flour
1/2 c milk
1 1/4 c raisins
1 1/2 t baking powder
1 egg, beaten
2/3 c oil

Mix salt, flour, baking powder, and baking soda. Combine milk and egg, adding vanilla, raisins, and oil. Add wet ingredients to dry and mix well. Make into patties 1/4 inch thick. Fry in covered frying pan.

SPLIT SECOND COCONUT CHEWS

1 egg, beaten
1 c sugar
1/2 c flour
1/2 t soda
1/4 t salt
1-2 c grated coconut

Mix all ingredients. Mixture will be quite stiff. Press into 8x8 inch pan. Bake 18 minutes at 350 degrees.

SUGAR COOKIES

1-1 1/2 c flour
1/2 t baking soda
pinch of salt
6 T butter (or Blueband)
6 T sugar
6 T packed brown sugar
1/2 t vanilla extract
1 large egg

Stir 1 c flour, baking soda and salt together in a small bowl. Combine the butter, both sugars and vanilla in a mixing bowl and beat until light. Beat in egg. Slowly add the flour mixture beating until smooth. Mix in enough flour to make a workable dough. Roll out. Cut into desired shapes. Sprinkle with sugar. Bake 10-12 minutes.

PEANUT BUTTER COOKIES

1/2 c margarine
1/2 c peanut butter
1/2 c white sugar
1/2 c brown sugar
1 egg
1 c flour
1/2 t baking soda
1/2 t salt

Mix together margarine, peanut butter, sugars and egg. Mix dry ingredients together and add to peanut butter mixture. Stir well. Chill the dough. Roll into small balls. Flatten each ball, and mark a design on it with a floured fork. Bake 10-12 minutes at 375 degrees.

Variation: Add 1/4 c mashed banana.

VANISHING OATMEAL RAISIN COOKIES

1 c butter or margarine
1 c brown sugar
1/2 c granulated sugar
1 t vanilla
2 eggs
1 1/2 c flour
1 t baking soda
1 t cinnamon
1/2 t salt
3 c oats
1 c raisins

Combine all the ingredients and place on ungreased cooking sheets. Bake until lightly browned on the bottom. Cool 1 minute on sheets before removing.

CHOCOLATE CHUNK COOKIES

2 c flour
3/4 t baking soda

3/4 t salt
1 c butter, softened
2/3 c sugar
1/2 c firmly packed brown sugar
1 egg
1 t vanilla extract
12 oz chocolate chunks
3/4 c chopped nuts (opt)

Preheat oven to 375 degrees. In a small bowl, combine flour, baking soda and salt; set aside. In large mixing bowl, cream together butter and sugars until light and fluffy; beat in egg and vanilla. Gradually blend in flour mixture. Stir in chocolate and nuts. Drop by heaping teaspoonful about 2 inches apart onto ungreased cookie sheets. Bake 8-11 minutes until lightly browned. Cool 1 minute on cookie sheet; place on wire cooling racks.

CHOC-OAT-CHIP COOKIES

1 c margarine or butter, softened
1 1/4 c firmly packed brown sugar
1/2 c sugar
2 eggs
2 T milk
2 t vanilla
1 3/4 c flour
1 t baking soda
1/2 t salt (opt)
2 1/2 c oats, uncooked
12 oz chocolate chips

Beat margarine and sugars until creamy. Add eggs, milk, and vanilla; beat well. Add flour, baking soda and salt; mix well. Stir in oats, chocolate chips; mix well. Drop by rounded tablespoons onto ungreased cookie sheet and bake.

GINGERBREAD CUTOUTS

1/2 c sugar
1/2 c butter
1/2 c village honey
1 egg
1 1/2 t ground ginger
1 t allspice
1 t cloves
1 t cinnamon
2 t baking soda
3/4 t salt

Combine all ingredients and chill for 3 hours to overnight. Roll dough 1/4" thick and cut out whatever shape suits your fancy. Cook until lightly browned on the bottom. Leave on cooking sheet 1 minute before removing.

PEANUT BUTTER COCONUT BARS

3/4 c butter
1 c sugar
2 c coconut, grated
1 egg
1 t vanilla
1/2 t salt
2 c flour
1 c peanut butter
1/2 c peanuts
chocolate pieces (opt)

Cream butter and sugar. Add peanut butter, eggs, vanilla, and salt. Beat well. Add flour then stir in coconut. Top with peanuts. Bake 20 minutes in 350 degree oven.

MAGIC COOKIE BARS

1/2 c margarine or butter
1 1/2 c graham cracker or cookie crumbs
1 (14 oz) can sweetened condensed milk
1 c (6 oz) chocolate chips
1 1/3 c grated coconut
1 c chopped nuts

Preheat oven to 350 degrees. In 13x9 inch baking pan, melt margarine in oven. Sprinkle crumbs over margarine, pour sweetened condensed milk evenly over crumbs. Top with remaining ingredients; press down firmly. Bake 25 to 30 minutes or until lightly browned. Cool and cut into bars.

BROWNIES

1 1/2 c flour
2 tsp baking powder
1/2 c butter or margarine
1 1/4 c sugar
2 eggs
3 squares (3 oz) unsweetened chocolate, melted and cooled
1 t vanilla
1 c milk
1 c chopped walnuts

Grease a baking pan. Combine flour, baking powder, and 1/2 teaspoon salt. Beat butter for 30 seconds; add sugar and beat till fluffy. Add eggs, melted chocolate, and vanilla; beat well. Add dry ingredients and milk alternately to beaten mixture, beating after each addition. Stir in walnuts. Turn batter into pan. Bake for 18-20 minutes. Cool on a wire rack.

BLONDE BROWNIES

1 c butter
2 c brown sugar
2 eggs
1 t vanilla
2 c flour
2 t baking powder
1/2 t salt
1 c chocolate chunks
1 c nuts (opt)

Grease 9x13 pan. Melt butter, add sugar, remove from heat, and stir until well blended. Stir in eggs, one at a time. Add vanilla, and then the rest of the dry ingredients. Add chocolate and nuts. Bake for 25 minutes or so.

FRUIT FRITTERS

1 c flour
2 T sugar
1 t baking powder
1 egg
1/2 c milk

Make batter by stirring all the ingredients together. Dip cut fruit (pineapple or bananas) in batter. Fry in oil. Sprinkle with sugar or cinnamon sugar.

FRIED PINEAPPLE

Slice pineapple about 3/4" thick. Dip in flour. Fry in oil until brown. Sprinkle with sugar.

FRUIT CRISP

2/3 c brown sugar
1/2 c flour
1/2 c oats
3/4 t cinnamon
3/4 t nutmeg

1/3 c butter or margarine
4 c fruit, (sliced apples, pineapple, mango)

Mix all ingredients except fruit until crumbs are formed. Grease the bottom of a 8x8 pan. Place fruit in pan and sprinkle with topping. Bake 30 minutes until fruit is soft and crisp has browned.

PINEAPPLE UNSIDE DOWN CAKE

sliced pineapple
1 T butter
1/3 c brown sugar
1/4 c oil
3/4 c sugar
1 egg
1 1/4 c flour
2 T baking powder
salt
1/2 milk

Lay sliced pineapple in bottom of pan with butter and brown sugar. Combine the rest of the ingredients and pour over pineapple. Bake for approximately 30-40 minutes. Turn the cake onto a plate.

Note: For variety, substitute mangoes for the pineapple.

COFFEE CAKE

1 3/4 c flour
2 t baking powder
1/2 t salt
4 T margarine, melted
1 t vanilla
1/2 c brown sugar
2 eggs
1/3 c powdered milk
1/2 c water

Grease and flour pan. Mix dry ingredients; add liquids and stir. Bake 12-18 minutes. Good plain or with honey-cinnamon butter.

STREUSEL COFFEE CAKE

Make above recipe. Sprinkle with a topping made from 5 T brown sugar, 1/3 c oatmeal, 4 T margarine, and 1 t cinnamon mixed well together. Bake for 15-25 minutes.

PINEAPPLE CARROT CAKE

10 oz crushed pineapple
1/2 c margarine
3/4 c brown sugar
2 eggs
1/2 lb shredded carrots
4 oz chopped dates or raisins
1 t vanilla
1 1/2 c flour
1 t baking soda
1/2 t cinnamon
1/2 t ginger
1/2 t salt

Drain the pineapple well. Mix all the ingredients together. Pour into a greased and floured 8x8 pan. Cook until inserted knife comes out clean 50-60 minutes. Cool and sprinkle with powdered sugar or cream cheese frosting.

JUNGLE CAMP'S FAVORITE CHOCOLATE CAKE

1/2 c cocoa
2 c sugar
1 t salt
2 c flour
1 1/2 t baking soda
1/2 c sour milk or yogurt
1/2 c oil
2 eggs
1 t vanilla
1 c water

Combine dry ingredients. Combine wet ingredients separately and then add to dry and mix well. Pour into a greased 9x13 pan and bake 325° for 1 hour. When cooled, cover with Chocolate Fudge Frosting.

YELLOW CAKE

2 2/3 c all-purpose flour
2 1/2 t baking powder
1/2 c butter or margarine
1 3/4 c sugar
1 t salt
1 1/2 t vanilla
2 eggs
1 1/4 c milk

Grease and lightly flour baking pans. Combine flour, baking powder, and salt. Beat butter about 30 seconds. Add sugar & vanilla; beat until well combined. Add eggs, one at a time, beating 1 minute after each. Add dry ingredients and milk alternately to beaten mixture, beating after each addition. Turn onto pans. Bake.

NO-EGG CAKE

1 1/2 c flour
1 c sugar
1 t baking soda
1/4 c cocoa
1 t vanilla
1 t vinegar
6 T oil
1 c water

Mix dry ingredients. Mix wet ingredients separately and add to dry. Stir well with a fork and bake.

BASIC ICING

1/3 c shortening or butter
2 T cream or milk
2 c powdered sugar

Cream the butter. Beat in the sugar. Add cream or milk. Beat well. Add more sugar for a thicker frosting, more milk for a thinner frosting.

Lemon Icing: Use 1 t lemon juice and 1 t lemon rind instead of the milk and vanilla.

Cream Cheese Icing: Mix in a couple blocks of Vache Qui Rit or Kiri.

CHOCOLATE FROSTING

1 100 g chocolate bar
1 c sugar
7 T milk
1/4 c butter
1 T honey (opt)

Combine all ingredients in a saucepan. Bring to a rolling boil, stirring constantly. Let boil 1 minute. Cool. Beat until thick.

CHOCOLATE FUDGE FROSTING

1 c sugar
1/4 c cocoa
2 T butter, margarine, or oil
1/4 c milk or water
1/8 t salt
1/8 t vanilla

Boil all but the vanilla in a saucepan till softball stage, around 236°. Remove from heat and add vanilla. Beat immediately until glossy and of a spreading consistency.

BUTTERSCOTCH SAUCE

3/4 c brown sugar
1/4 c butter
1/2 c evaporated milk

Combine and heat until slightly thickened.

LEMON SAUCE

1/3 c sugar
pinch of salt
1 T cornstarch
1 cup boiling water
2 T butter
2-5 T lemon juice

Stir together sugar, salt, and cornstarch. Add boiling water, stirring rapidly. Cook until thick and transparent. Add butter and lemon juice

CHOCOLATE SAUCE

2 c sugar
2 T cornstarch
1/2 c cocoa
1 large can evaporated milk
1 t vanilla

Heat sugar, cornstarch, and cocoa in a pan stirring. Add milk and cook about 15 minutes. Beat and add vanilla.

HOT FUDGE SAUCE

sweetened condensed milk
2 T cocoa
2 T butter

Heat milk in a small saucepan, stirring constantly. Add cocoa and butter. Stir until dissolved. Serve immediately

FUDGE TOPPING

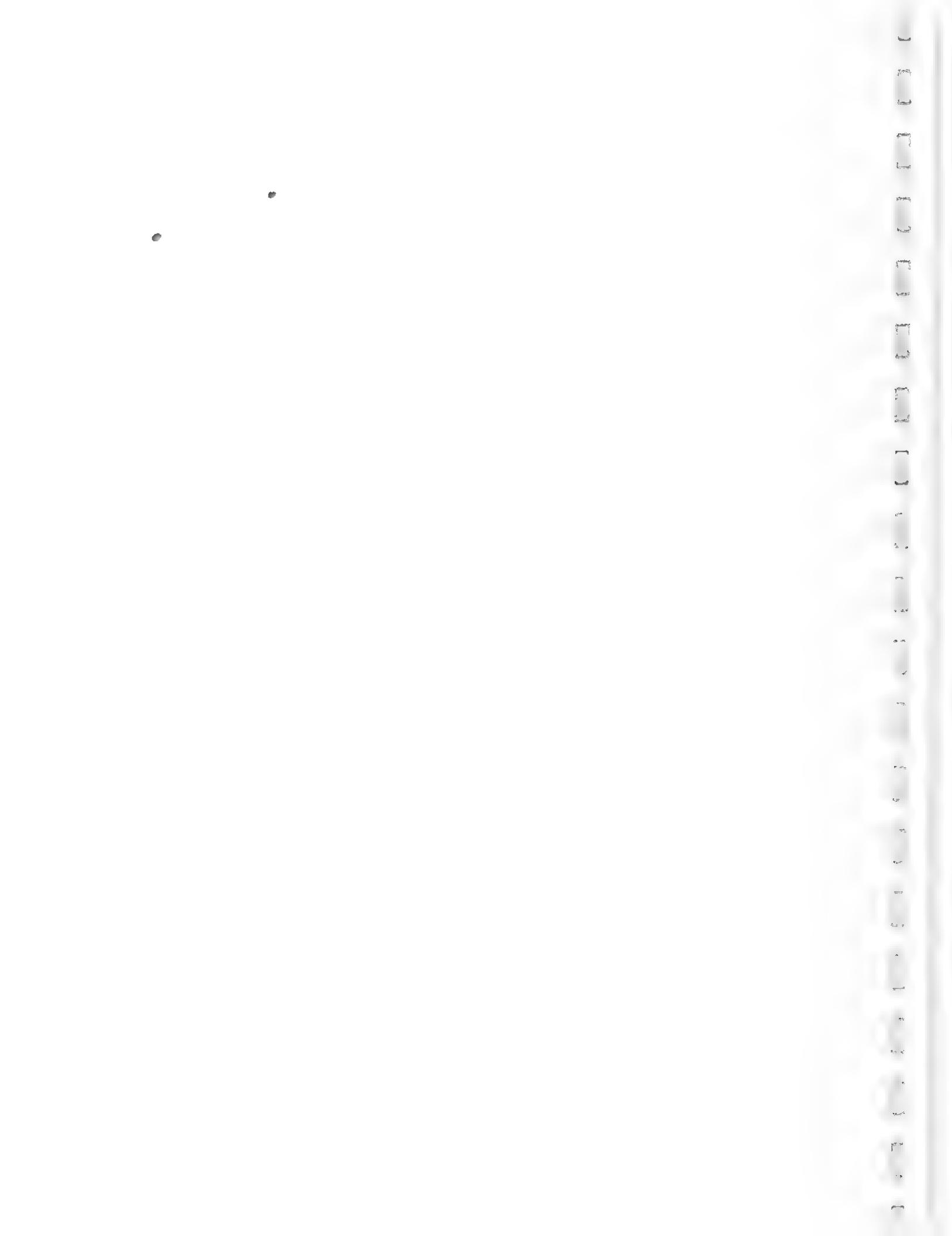
1 c sugar
3 T flour
4 T cocoa
1 c milk
dash salt
1 sachet sucre vanillé
1 t butter

Cook first 5 ingredients until thick. Remove from heat. Add last 2 ingredients. Stir. Serve hot, or pour hot over desired dish.

WHIPPED EVAPORATED MILK

evaporated milk
lemon juice

To whip evaporated milk, chill the milk in the fridge for 12 hours (or in the freezer for 15 minutes). Add 1/2 t lemon juice for every cup of milk. When crystals form around the edges, whip until stiff.





**dressings
&
sauces**

1

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RANCH DRESSING

1 c yogurt (plain)
1 c mayonnaise
1 t parsley
1/2 t onion or onion salt
1 t garlic salt
chives

Mix. Add spices to taste.

VINAIGRETTE

1 clove garlic
2/3 c oil
1/2 c vinegar
1/4 t mustard
salt, pepper, *spices

Mix. Add spices to taste

AVOCADO DRESSING

1 c yogurt
1 avocado, mashed
2 T chopped red onion
1 clove garlic
1 t lemon juice
1 t salsa, or dash Tabasco
2 T chopped almonds (opt)
1 t Maggi aroma

Mix ingredients well.

HONEY MUSTARD DRESSING

3/4 c mayonnaise
1/3 c honey
2 T poppy seeds
1 T Dijon mustard
salt and pepper to taste

Combine all ingredients and blend well.
Yield: 1 1/3 cups.

COVAN'S SALAD DRESSING

1 T marché peanut butter
1 T mustard

Combine. Gradually add water until desired consistency.

TANGY MIXED SALAD DRESSING

1/2 c yogurt
4 t honey
1 T lemon juice
pinch each cinnamon and nutmeg

PEANUT SAUCE

1 onion, chopped
2 T peanut butter
1/2 c water
piment
salt
parsley
garlic, etc.

Fry onion in oil. Add peanut butter and water. Add the rest of the ingredients. Mix and bring to boil. Cover and simmer until thick. Season to taste.

SPAGHETTI SAUCE

tomatoes
tomato paste
peppers, carrots, onions
red wine to taste
parmesan or romano cheese
basil, oregano, piment
garlic
water, oil

Put everything together in a big casserole dish. Cover and cook slowly. Add water as needed. It's easier to add more than to take it out once it's in there.

BASIC TOMATO SAUCE

For 1 cup of tomato sauce, use 1/3 c tomato paste with 1/2 c water. Add spices to taste.

DAVE'S SPECIAL SAUCE

2 spoonfuls peanut butter
 1 spoonful tomato paste
 tomatoes
 onions
 salt
 garlic
 water

Heat up 3 oz of water, add peanut butter and stir occasionally until you get a consistent soupy paste. Add salt to tomato paste, thinned with water, to taste and then add this to soupy peanut butter stuff. Cook until it is hot. Add tomatoes, onions, and garlic and cook until all of this is hot. Sometimes I add mushrooms, cabbage, and other choses. I put it over about 200 g of rice and it serves me for lunch quite well. I have also put it over attchické and several types of pasta.

SAUCE BRUCE

It's got a strange ingredient list and a funny name, but it's tastier than most tantics best piment sauce. It's really, really, really, really good!

25 small dried piments
 1 chopped onion
 100 cfa of smoked fish (middle pieces, meat picked from bones)
 4 t marche peanut butter
 1 cube maggi poulet
 1/2 t salt
 3 cloves of garlic (opt)
 1 c oil (or so)

Pilé piments into a paste and add salt, 1/4 of the onion, and pilé some more. Add another 1/2 of the onion, fish meat, maggi poulet, peanut butter, garlic, and pilé into a paste. Place the oil in a pan and cook the rest of the onion over medium heat. Add the paste and stir to heat for about 30 seconds.

Note: This sauce does not need refrigeration and will last over 7 days if kept covered.

CREAM SAUCE

2 T butter
 2 T flour
 1-2 c milk

Melt butter. Add flour to form a paste then slowly add milk and stir until thickened.

BASIC CREAM SAUCE

1 c water
 2 shrimp maggi cubes
 1 chopped onion
 2 cloves garlic minced
 1/4 c chopped green onions
 3-4 t dry milk powder
 1-2 T flour
 1/4-1/2 c water

Bring 1 c water, maggi cubes, onions and garlic to a boil in a pan. Boil until onion is tender. While boiling, mix the flour, milk and 1/4-1/2 c water together in a bowl. Stir well in order to remove the flour lumps.

When the onions are tender pour flour/milk mixture all at once into pan. Stir until thick. Toss with pasta.

Note: For a thicker sauce make up more flour and water and add to pan. For a thinner sauce decrease the amount of flour in the flour/milk mixture.

Variations: Cook original onions, garlic, and maggi cubes in butter. Bring water to boil. Add butter mixture and flour/milk mixture to water. Stir until thick.

Stir fry, steam or boil 1-2 cups of vegetables (carrots, zucchini, tomatoes, eggplant etc...) Add to finished sauce. Toss with pasta.

LIGHT SUPREME SAUCE

2 T butter
 1 T flour
 1 c chicken broth
 1/4 c heavy cream
 salt, pepper

Melt butter. Stir in flour and make a smooth paste. Slowly add broth, blend smooth. Let simmer 10 minutes. Add cream. Season with salt and pepper.

ONION BROWN SAUCE

2 T butter
 4 T finely chopped onion
 1/4 t pepper
 2 T flour
 1 c milk or broth

Melt butter in a saucepan and add onion. When the onion is barely brown, stir in the pepper and flour. Next add stock and boil gently for 1 minute. Add salt and simmer for 14 minutes. Add more liquid if necessary and salt to taste.

BARBECUE SAUCE

1/2 c tomato paste
1-1/2 c water
3 cloves crushed (if available)
1/4 t cinnamon
1/4 c sugar

Note: The above ingredients can be substituted by using bottled catsup.

1/4 c vinegar
1 T sugar
1 T Worcestershire sauce
1 t salt
1 t celery seed (if available)
hot sauce or dried piment

In a saucepan, combine tomato paste, water, cloves, cinnamon, sugars, vinegar, Worcestershire sauce, salt, celery seed, and hot sauce. Bring to boil; reduce heat and simmer uncovered for 30 minutes.

Variations:

- add 1/4 c mustard and 1/4 c honey for a honey-mustard sauce.
- add 1/4 c minced onion and 1/4 c minced green pepper for a chunky sauce.
- play around with lots of spices and seasonings to get a taste you like. Add more or less water depending on how you think you will like it.

KETCHUP

4 cans tomato paste
6-8 t sugar
1/2 c wine vinegar
2 t crushed garlic
1-2 t allspice
4-6 t Worcestershire sauce
2-3 t soy sauce
1 t mustard
salt and pepper

Blend all ingredients in a large pan. Bring to a boil and simmer until thick.

GRAVY AFRICAN STYLE

2 T margarine, butter or chicken fat
1 small onion, diced
1 t sage
1/2 t thyme
3 T flour
1/2-2 cups milk
1 poulet maggi cube
salt and pepper to taste

Sauté onions in butter for about 3 minutes or until soft. Add sage and thyme and sauté another two minutes. Add flour until a paste has formed. Cook for a couple minutes. The flour taste should be cooked out and the mixture should darken slightly. Add the maggi cube in the milk and bring to a boil stirring constantly. Lower heat and continue stirring until thickened to desired consistency.

SWEET & SOUR SAUCE

2 c fresh cubed pineapple
1/2 c vinegar
1/2 c sugar
70 g tomato paste
1 c water
1 bouillon or maggi cube
1 t soy sauce
1/2 t fresh ginger
green pepper

Mix in big pot. Heat on low flame until thick and bubbly. Pour over cooked rice.

EGGPLANT CHUTNEY

2 lbs eggplant
1 T ginger, grated
1 T garlic, crushed
3/4 c vinegar
6 piments
1 t fenugreek
1 t mustard seed
1/4 t cumin seed, crushed
1 t turmeric
2 T sugar
4 t salt

Pound ginger, garlic and vinegar into a paste. Peel and cube eggplant. Cover with cold water and let stand 30 minutes. Heat oil and fry spices. Add ginger paste and eggplant. Simmer

until tender. Spoon into clean jars. Will keep for 1 month in the refrigerator.

GINGER-BANANA CHUTNEY

1/2 c mashed bananas
1/3 c chopped onion
1/3 c chopped dried dates
1/3 c pineapple juice
1/4 c dried currants
1/4 c cider vinegar
3 T minced pickled ginger
1/2 t curry powder

Combine all ingredients in a saucepan. Simmer mixture, stirring often until chutney has the consistency of thick jam, about 30 minutes. Use warm or cool.

YOGURT-TAHINI SAUCE

This is a delicious topping for a variety of grain and bean dishes such as falafel sandwiches. It will keep for a week or longer in the refrigerator.

1 c plain (low-fat) yogurt
2 T tahini (sesame paste)
2 T fresh lemon juice
1 clove garlic, crushed
1/4 t ground cumin

Combine all the ingredients in a small bowl, cover the bowl with plastic wrap, and refrigerate the sauce until serving time.

PINEAPPLE HONEY

Boil the remains (skin and core) of an already eaten pineapple. Strain out the chunky stuff. Boil it down until it is concentrated. Add equal amounts of sugar and boil until syrupy. Great on pancakes or crepes.

FRUIT SYRUP

1/2-3/4 c sugar
3 T cornstarch
2 c water
2 c sliced fruit
2 T lemon juice.

In a saucepan combine sugar, cornstarch. Add water and bring to a boil stirring constantly. Add fruit and simmer till fruit is tender. Remove from heat and add lemon juice.

BROWN SUGAR SYRUP

1 c brown sugar, packed
1 T butter
1/2 c water
1/2 t vanilla

Combine sugar and water in a saucepan and bring to a boil. Let boil for 2 minutes. Remove from heat and stir in butter and vanilla. Serve hot.

REFRIGERATOR DILL PICKLES

4 c sliced cucumbers
2 T salt

Combine cucumbers and salt and add enough water to cover. Leave covered 3 hours or overnight in a refrigerator. Drain, rinse, and place in a large saucepan with:

1/2 c white vinegar
1 c water
1 T sugar
1 T dill seed
cloves of garlic, chopped

Bring to a boil stirring from time to time. When cucumbers turn a pale yellow, place in jars. Store in the refrigerator.

Note: The vinegar here is stronger than back in the States so play around with the quantities of it and sugar to achieve the desired taste.

fish
chicken
beef

And other things that go
bump in the night



BAKED FISH

1 kg fish, cleaned and filleted
chopped parsley
2 T bread crumbs
2-3 cloves garlic, crushed
salt, pepper
2-3 tomatoes (fresh or canned)
1/2 pint olive oil
4 T dry white wine
2 T tomato paste
juice of 1 lemon

Clean, wash, and cut the fish into portions. Sprinkle with salt. Mix the chopped parsley with bread crumbs and garlic. Add salt and pepper to taste. Put a layer of the parsley mixture in a greased dish and lay the fish cutlets on top. Cover with the rest of the parsley mixture. Peel and slice the tomatoes and place on top. Blend the oil, wine, tomato paste, and lemon juice and carefully pour over all. Cook in a moderate oven for 30-40 minutes.

BASIC BAKED FISH

Lightly grease a shallow baking pan with oil or butter. Slit the sides of the cleaned fish. Place it in the pan and dot with butter. Place slivers of garlic in the slits. Add salt, pepper, and lemon. Season to taste with your choice of thyme, rosemary, onions, parsley, paprika, and basil. If you wish, pour a sauce over the fish (tomato, white, etc.). Bake at 350°F for 20-40 minutes, depending on the size of the fish.

SMOKED FISH WITH GUMBO

2 onions
6 cloves garlic
2 piments
18 gumbos
2 maggi cubes
poisson fumé or poisson salé

Cut up all vegetables. Sauté onions and garlic in oil. Add cubes. Add piment and gumbo. Stir fry for about 3-4 minutes. Add enough water to cover gumbo. Add fish (or browned meat). Cook thoroughly. Serve with rice or foutou.

FISH SURPRISE PAS WATA

2 cans sardines
2 cans tomato paste
pili pili
palm oil
onions, pepper, parsley, celery

Throw everything into a frying pan and fry it up, stirring frequently until all the vegetables are soft. Serve over rice.

CUBAN FISH

2 T oil
4 cloves mashed garlic
1 large onion, sliced
1/2 medium bell pepper
cooked fish
3 pimentos
salt and pepper
1/4 c Provincial vinegar
2 c cooked veggies

Fry onion, garlic, and bell pepper in oil. Add the rest of the ingredients and simmer 20 minutes. Serve over rice.

FISH FROM CAMEROON

2 tomatoes, chopped fine
2 T oil
thin carrot sticks
1 sliced onion
3 minced cloves garlic
2 stalks of chopped celery
2 maggi cubes
1/2-1 t basil
browned fish
1 c water

Brown fish in oil. Remove fish and cook tomatoes, carrots, garlic and onions until soft. Add the rest of the ingredients and cook until done.

FISH VERACRUZ STYLE

1 T oil
4 cloves chopped garlic
1/4 c finely chopped onion
2 lbs chopped tomatoes
1 green pepper cut in strips

1 t salt
1 t pepper
2 bay leaves
1 t oregano
1/2 c chopped green olives
1/4 c capers
6 fillets of firm fish
2 T butter

Heat oil. Sauté garlic and onions for 3 minutes. Add tomatoes and bring to a boil. Add green pepper and stir 2 minutes. Add spices and cook on low heat 8 minutes. Add olives and capers and cook an additional 5 minutes.

Rinse fillets and pat them dry. Sprinkle with salt and pepper. Lightly brown in butter. Transfer to a greased baking dish and cover with sauce. Bake 10-15 minutes. Serve with rice.

Note: Leave out the fish and it makes a very tasty vegetarian sauce for rice. Or if fish is not your fancy, it can be made with chicken.

FISH, POTATO, AND SPINACH GRATIN

2 T oil
1 heaping T flour
2 c hot milk
salt and pepper
pinch of nutmeg
2 bunches of fresh spinach
1 lb fish
1 lb potatoes
1 clove garlic
1/4 c bread crumbs

To make béchamel sauce: heat 1 T oil, add flour, and stir 2-3 min. without browning. Whisk in 1 1/2 c hot milk until the sauce begins to thicken. Simmer in low heat 10 min., stirring often. Season with salt, pepper, and nutmeg.

Cook the spinach in a pan with 2-3 T water for 2-3 minutes. Drain and chop. Steam fish until opaque; bone and flake. Boil or steam potatoes until tender, mash with remaining milk and season. Stir in fish and spread in oiled gratin dish.

Mix béchamel, spinach, and garlic. Spread evenly over fish mixture and sprinkle with bread crumbs. Drizzle with remaining oil. Bake until the top browns.

ARROZ CON POLLO

2 t oil
4 lbs chicken
1 c rice
1 green pepper, finely diced
1 onion, finely diced
1/2 t chili powder
2 large tomatoes
1 t salt
1/2 t pepper
1 clove garlic, minced
2 c boiling water

Preheat oven to 350 degrees. In a skillet, heat oil and brown chicken. When brown, transfer to casserole with tight fitting cover. In same skillet, brown rice, turn rice into casserole with chicken. Add all other ingredients. Cover and bake for 40 minutes. Uncover, blend ingredients lightly; taste and adjust seasoning. If moisture is not absorbed, bake another 15 minutes uncovered.

CHICKEN CACCIATORE

2 small chickens, cut up
flour, salt, pepper, paprika
olive or peanut oil
2 t butter or margarine
1 large onion, chopped
1 can mushrooms, drained and sliced
2 cloves garlic, minced
1 c wine or beer
1 can tomato paste
1 T herbs
2 bay leaves

Mix flour, salt, pepper, paprika, and roll chicken in it. Sauté chicken in 4 T oil, set aside. In butter, sauté onion and mushrooms until lightly browned. Add the garlic, wine or beer, tomato paste, and spices. Return chicken to the pan. Add salt and pepper if necessary. Simmer 1 hour or until tender. Serve over spaghetti or rice.

BEEF TERIYAKI

1/3 c water
1/3 c soy sauce
1/4 c sugar

1/2 t ground ginger
2-3 cloves garlic, minced
1/2 lemon, thinly sliced
1/2 kg meat

Combine water, soy sauce, sugar, ginger, garlic and lemon. Stir until sugar dissolves. Cut meat into strips and marinate 15 minutes or longer. Separate meat from the marinade. Stir fry beef until just tender (do not overcook). Add marinade. Thicken sauce with cornstarch or flour mixed in a small amount of water. Serve over rice.

MEAT WITH PEANUT BUTTER SAUCE

2 t oil
1 onion, chopped
2 lbs chopped meat
salt, pepper
1 t minced garlic
1/2 t chopped parsley
1 can tomato paste
1 bay leaf
1/4 t ginger
1/4 t cloves
1/4 t thyme
1 c peanut butter

Heat oil. Brown onion and meat. Add seasoning and 1 c water. Cook 10 minutes. Add peanut butter softened in water and about 4 more cups of water. Cover and simmer until tender. Good with chicken also.

SLOPPY JOES

1 kilo ground beef
1 c chopped onion
1 1/2 green pepper, chopped
2 large cloves
1 t chili powder
1 t cinnamon
1 t brown sugar
1 t salt
1/2 t black pepper
2 c tomato sauce (1 c tomato paste and 1 c water)
1 t Worcestershire sauce
1 1/2 T vinegar
1 1/2 c hot water
2 beef bouillon cubes

Brown beef. Add the remaining ingredients. Simmer and serve over hot rolls.

JAMBALISSIA

A traditional New Orleans dish adapted by an Upstate NY bistro and bastardized by PCCI.

1/2 chicken
5 thick slices sausage
rice
okra
tomatoes
onions
garlic
piment
italian spices (thyme or oregano)
salt & pepper
tomato paste
chili powder

Boil chicken with onion and garlic skins. When cooked, remove from water and remove all edible material. Return carcass to pot and continue to boil.

Dice sausage and fry until enough grease is created to fry all other ingredients. Do so (fry all other ingredients).

Strain and skin chicken stock. Add stock to other ingredients. Add rice, let simmer.

Note: Agouti and pink sausage found up-country can be substituted to provide a more regional flavor.

VIETNAMESE SQUASHED BEEF

2 T butter
1 c finely chopped meat
2 small chopped onions
1 1/2 c water (more if needed)
1 t salt
1/2 t pepper
1 t peanut butter
2-4 c cubed squash
1 c roasted peanuts

Brown meat and onion in butter, add salt, pepper, peanut butter, and water and simmer till meat is tender. Add squash and cook until tender. Add peanuts and heat thoroughly. Serve over rice.

HUNGARIAN GOULASH

2-4 T butter or oil
4 c cubed beef
1 sliced onion
2 cloves minced garlic
3/4 c ketchup
2 T Worcestershire (opt)
1 T brown sugar
1-2 t paprika
1-2 t salt
1/2 t mustard
dash cayenne
1 1/2 c water
2 T flour
1/4 c water

Brown beef, onion, and garlic in oil. Add spices and 1 1/2 c water. Simmer covered for 1 to 2 hours adding more water if necessary. Combine flour and 1/4 c water, and stir gradually into meat mixture. Boil for 1 min. to thicken. Serve over hot noodles or rice.

SAUTÉED RABBIT

Soak all the blood out of carcass in salted water (1-1 1/2 hours). Quarter rabbit and roll lightly in seasoned corn flour, coating evenly; a heavy coat will cause the meat to be tough. Melt margarine in skillet. When hot, add rabbit, turning until evenly brown. Reduce heat, cover, and cook until done, about 30 minutes. Remove rabbit and thicken drippings with flour. Season with salt, pepper, and pili pili to taste.

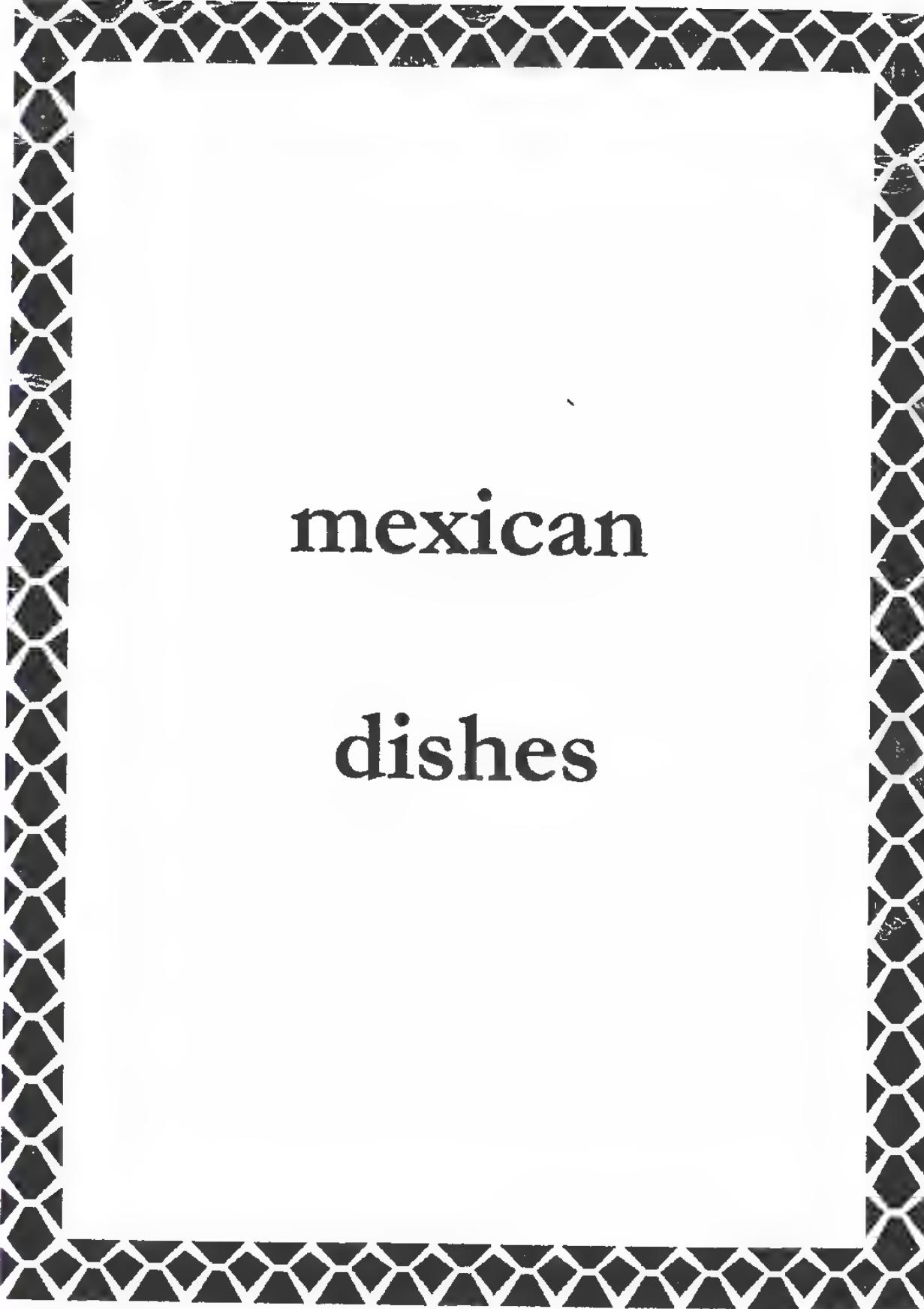
RATS IN THE MOOD

Place a dozen smoked rats (small field-rat type) in fresh water and soak 30 minutes. Prepare a sauce of tomato, onion, pili pili, and palm oil in a large skillet. Drain the rats and remove skin and other inedible parts. Fry for about 20 minutes, turning occasionally until well cooked. A true connoisseur eats them piping-hot, bones and all.

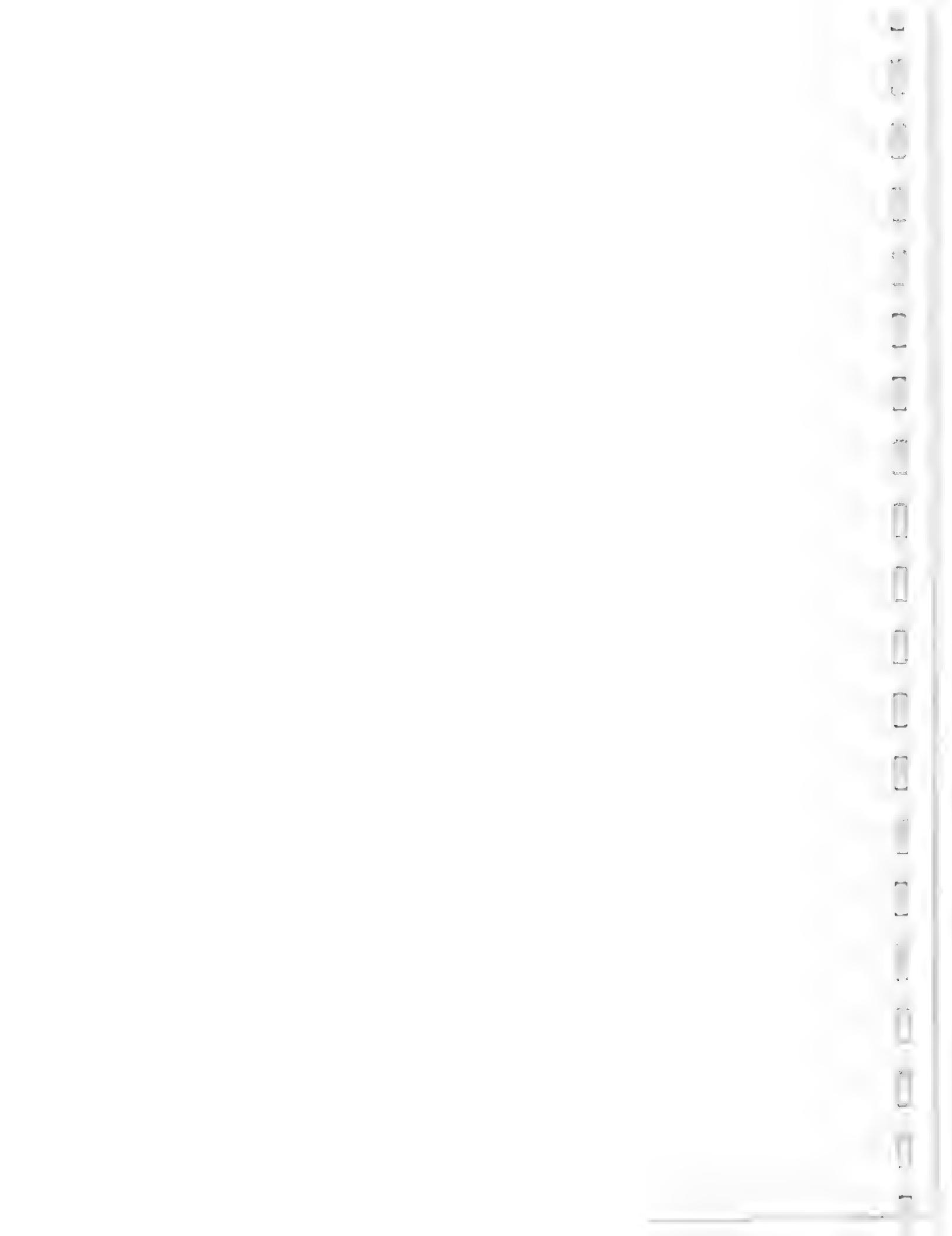
Serving tips: Usually offered as an hors d'oeuvre, they can also be arranged on a platter of carrots and lettuce. Or just slide them into a hot-dog bun or baguette.

FRIED GRUBS

Wash grubs. Drop into very hot oil. Cook until grubs have turned golden. Add salt or pili pili to taste. Good as snacks or with vegetables dishes.



mexican
dishes



FLOUR TORTILLAS

2 c flour
1/4 c oil or 4 T butter
salt
1 t baking powder (opt)
1/2 c warm water

Knead everything for 20 seconds. Dough should not stick to your hands. If it does, add a little more flour. Wrap in a plastic sack and let sit in a warm place for 5 minutes. Roll out golf sized balls and cook in a lightly greased pan (20-30 seconds each side, in a very hot pan)

Note: Rolling out dough in a clean plastic bag makes rolling and clean-up a lot easier.

GUACAMOLE

2 ripe avocados (seed will shake around inside)
1 T oil
1 T lemon juice
1 T chili powder
1 T minced onion
1 T minced green pepper (opt)
1 T minced tomato (opt)

Mash up avocados and add everything else. If you put the discarded seed on top, it will keep everything from turning brown.

FRESH SALSA

1 c finely chopped tomato
1/2 finely chopped onion
1 chopped piment
1/4 c tomato juice
1/4 t salt
garlic (pressed, minced, or powder)
finely chopped cilantro
cumin
finely chopped green pepper
finely chopped parsley
chili powder

Mix all the ingredients and adjust seasonings.

FRESH CORN AND TOMATO SALSA

2 c chopped tomatoes
3/4 c cooked corn kernels
1/4 c sliced onion

2 T minced fresh cilantro
1/2 t minced garlic
1 t minced piment
1 t fresh lime juice
1/4 t salt

Combine all ingredients in a medium bowl; toss well to coat. Let stand at room temperature until ready to serve. Refrigerate any leftovers. Makes 3 cups.

CHILI SAUCE

2 c tomato sauce
1 medium onion, chopped
1 small green pepper
2 piments
1 t salt
1/4 t cumin
1 clove garlic, crushed

Mix all the ingredients together in a saucepan. Heat to boiling, simmer uncovered 10 minutes. Pour over filling in tacos.

REFRIED BEANS

Find a dry bean that looks most similar to a pinto. Soak overnight, or boil for 1 minute and let stand for 1 hour. Cook with onions and piment until *very* soft. Overcooking them makes them easier to smash. Drain, saving the juice in case the beans are too-dry. Smash.

Traditionally, refried beans are beans refried with lots of grease, crushed with the back of a wooden spoon. So, add butter or grease as your conscience allows. Spice as desired: garlic, cilantro, cumin, chili powder, salt, pepper.

TACO FILLING

1/2 kg hamburger or chicken
3/4 c water
1 medium onion, chopped
2 T chili powder
1 t salt
1/2 t ground cumin
1 clove garlic, crushed

Brown the hamburger or chicken in a bit of oil. Add the rest of the ingredients. Heat to boiling. Simmer uncovered until thickened, about 10 minutes.

TAMALE PIE

1 c beef cut in 1 1/2" cubes
oil
3 cloves minced garlic
2 medium sliced onions
1 1/2 t salt
2 T chili powder
1 t cumin
2 c chopped tomatoes
1 c raisins or corn (opt)
1 1/2 c pitted chopped olives (opt)

Cornmeal Mush:

1 c cornmeal
1 t salt
1 c water
3 c boiling water

Brown beef in oil. Add garlic and onion and cook until browned. Add the rest of the filling ingredients and simmer 30 minutes.

Combine cornmeal, salt, and 1 c water. Add the 3 c boiling water and boil mixture stirring often for 10 minutes.

Line a greased baking dish with cornmeal mush and spread with meat filling. Spread remaining mush on top. Bake 350° for 1 1/2 hours.

CHILI

Cooked beans (3 c cooked, or 1 1/2 c dry)
50 cfa tomato paste
200-300 cfa fresh tomatoes
onion
chili or piment powder to taste
meat (opt)
cube maggi
corn
cumin
basil
garlic
water
salt, pepper

Cook beans beforehand. In saucepan, cook down tomatoes--dice tomatoes and cook with some water. Add tomato paste. Dump in everything else and cook for several hours. Spice to taste. You can mash up 2 cups of the beans to make the chili really thick.

CHILI ASNER (for all the non-believers)

1 can corned beef
3 cloves garlic, minced
2 onions, chopped
3 bell peppers, chopped (opt)
1 medium can tomato paste
cumin, pepper, salt, piment

Put the corned beef in a pan over medium heat. Keep stirring it so it won't stick to the pan. When the meat turns from pink to brown, sprinkle it with cumin and pepper. Add the garlic. Simmer a minute. Add the onions and bell peppers. Stir. Add tomato paste and the same amount of water. Lower heat and simmer, stirring every once in a while. Add piment and salt to taste. Simmer for 30 minutes.

VEGETARIAN CHILI

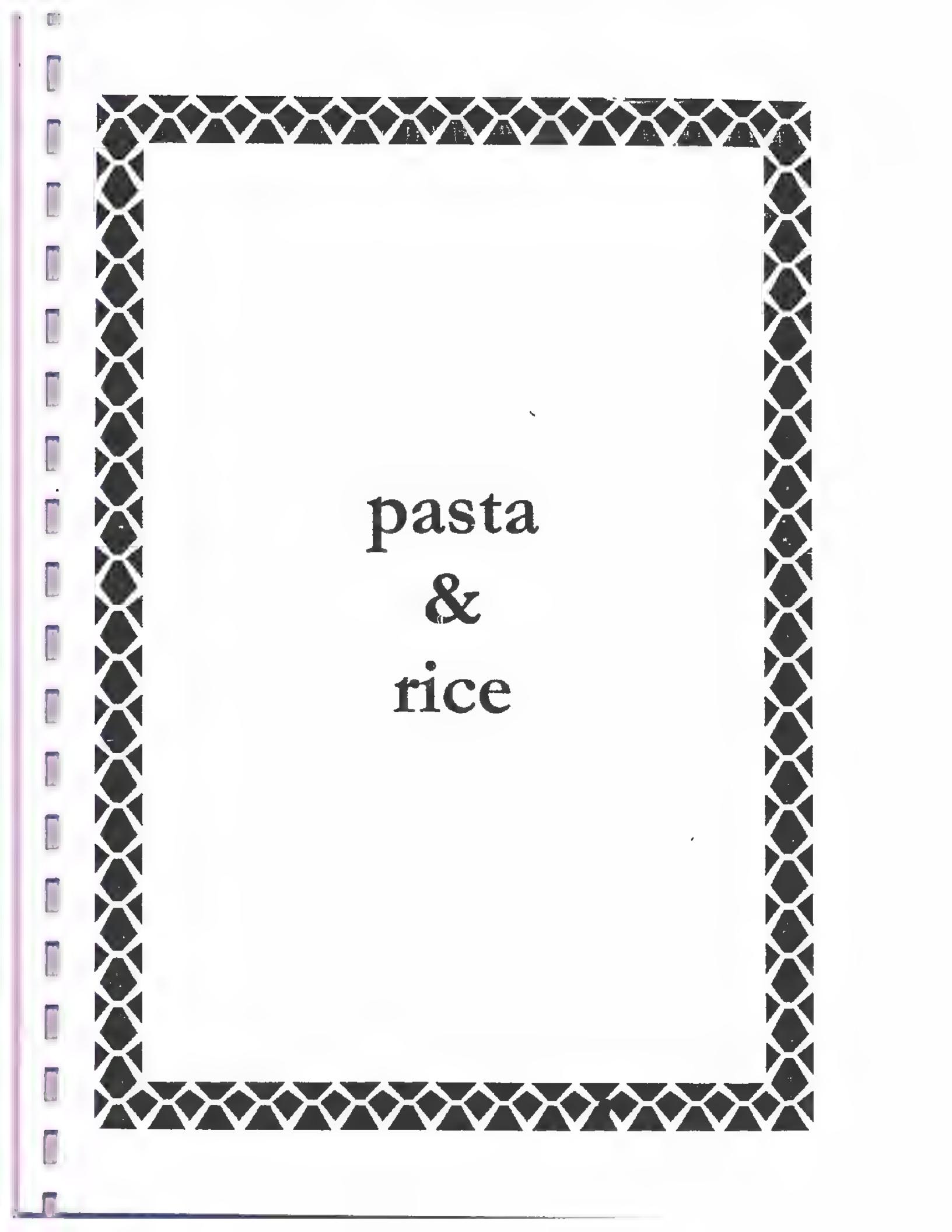
2 1/2 c raw kidney beans
1 c tomato juice
1 1/2 c chopped onion
2 c chopped tomatoes
1 t cumin
salt and pepper
cayenne
1 c raw bulgur
4 cloves crushed garlic
1 c each, chopped: celery, carrots, green peppers
juice of 1/2 lemon
1 t chili powder
3 T tomato paste
olive oil for sauté

Put kidney beans in a saucepan and cover them with 6 cups of water. Soak 3-4 hours. Add extra water and 1 t salt. Cook until tender, about 1 hour. Watch the water level, and add more, if necessary.

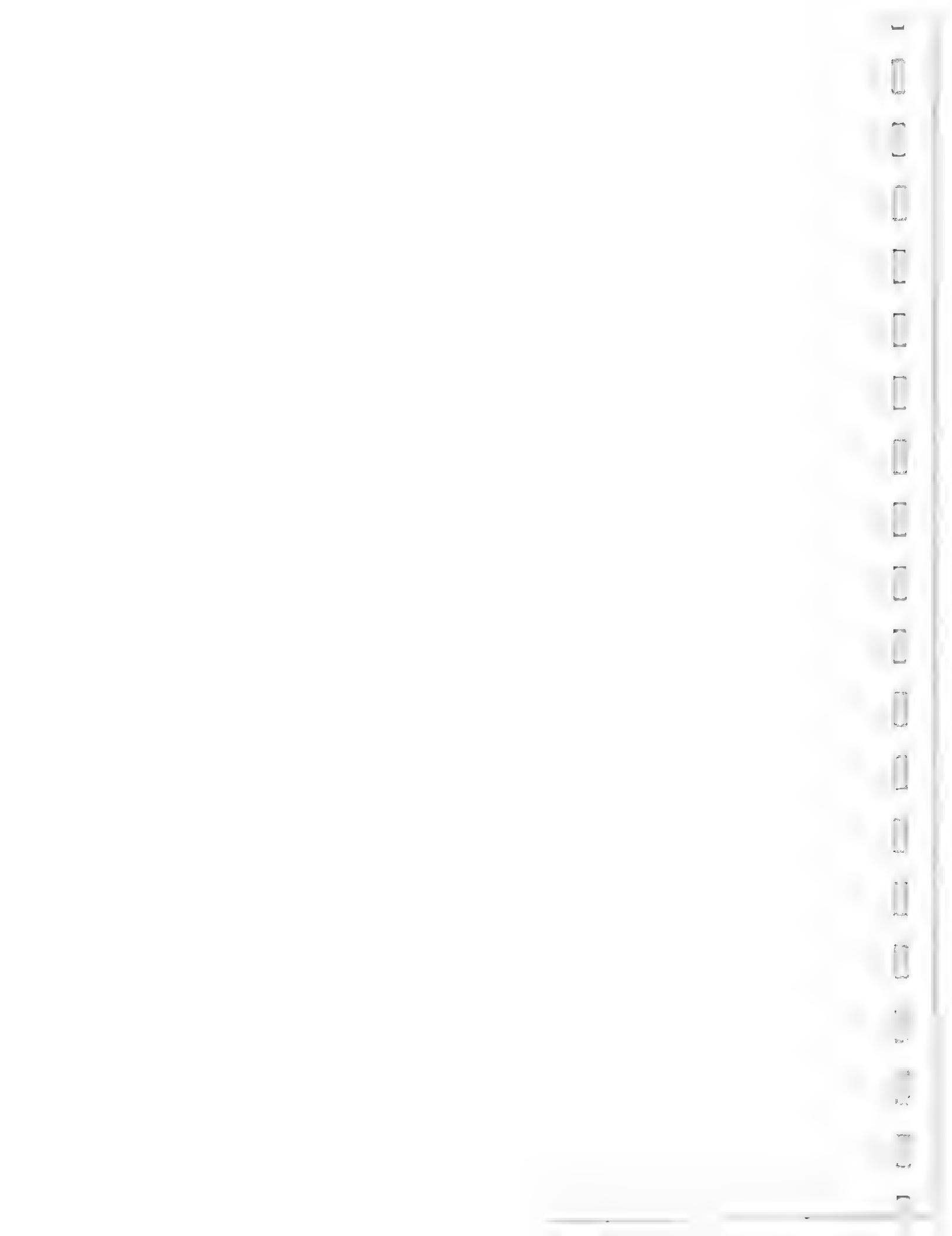
Heat tomato juice to a boil. Pour over raw bulgur. Cover and let stand at least 15 minutes; it will be crunchy, so it can absorb more later.

Sauté onions and garlic in olive oil. Add carrots, celery and spices. When vegetables are almost done, add peppers. Cook until tender.

Combine all ingredients and heat together gently.



pasta
&
rice



HOMEMADE NOODLES

1 egg
garlic powder (opt)
1 t oil
1/2 t salt
2 T milk
1 c flour

Stir and knead until you have a stiff, non-sticky dough. It should form a ball and come clean from your hands. Cover dough and let rest if desired, then roll out on cornstarch, until very thin. Dry 15-30 minutes. For noodles, stop the drying before it becomes brittle. Roll it up loosely like a scroll. Then cut strips at an angle, very narrow (1/8"-1/4"). They will absorb water and become wider when they cook. Cut lasagna about the size of your baking dish, or in 1 1/2 " strips.

1/2 c peanuts
2 maggi cubes or 3 T soy sauce
2 T sugar
1-2 t piment
1-2 packages pasta (cooked)
oil for sautéing
rice

Sauté garlic, onion and beef in oil. When cooked add maggi cubes crushed (or soy sauce), sugar and piment to mixture. Add cabbage and peanuts. Cook until cabbage is just tender. Add green onions and pasta toss together. Serve with rice and soy sauce or maggi aroma.

Variations:

Try adding 2 beaten eggs with cabbage.
Toss raw cucumbers with pasta.
Use rice noodles instead of pasta
Add 1 cup chopped peanuts at end.

PASTA WITH PESTO

2 c fresh basil leaves
1/4 c olive oil
1/4 c Parmesan cheese
2 T pine nuts or walnuts
1/2 t salt
pasta (cooked)

Mash well with 1/4 c hot water. Serve with warm pasta.

PASTA WITH PESTO—AFRICAN STYLE

2 c fresh basil leaves
1/4 c olive oil
5-8 triangle Vache Qui Rit cheese
2 T raw peanuts
salt
pasta (cooked)

Mash well with 1/4 c hot water. Serve with warm pasta.

TA'S THAI INSPIRED PASTA

1/2 kilo beef thinly sliced
1 large onion sliced
1/2 c green onions thinly chopped
1/2-1 c sliced cabbage
3 cloves garlic minced

THAI-INSPIRED PEANUT SAUCE OVER PASTA

16 oz package spaghetti
1/4 c peanut butter
1/4 c tahini
1/4 c vinegar
1/4 c soy sauce
1/4 c orange juice
1/4 to 1/2 t hot pepper sauce (opt)

Cook pasta according to package directions. Drain well.

Combine all remaining ingredients in a blender. Purée at high speed in blender until creamy and smooth, at least 1 minute. Adjust seasonings. Pour sauce over pasta. Serves 6.

PEANUT CURRY SPAGHETTI (Thai Style)

1/4 lb spaghetti
1/4 c oil
1 large chopped onion
4 cloves of crushed garlic
3 T curry powder
1 T chili powder
1 c water
1/2 t chopped fresh ginger
2 oz peanuts
1 chopped carrots
4 chopped green peppers
2 t honey

Cook spaghetti and set aside. Heat the oil and sauté the onion, garlic, and ginger. Add curry, chili powder, carrots and peppers. Stir in the water, honey and one ounce of peanuts and bring to a boil. Keep simmering until the ingredients form a sauce. Crush the remaining peanuts. Serve sauce over the spaghetti and top with crushed peanuts.

Bring water for pasta to a boil. Add carrots and pasta. When there is seven minutes left add squash. Cook and drain.

Heat oil and crumble in maggi. Cook 1-2 min. over low heat. Add garlic and onions and cook till onions are soft. Add water and stir to dissolve maggi chunks. Add pasta, veggies, and spices. Stir. Heat for an additional 1-2 min.

VEGETABLE SPAGHETTI WITH GARLIC BREAD CRUMBS

1 large onion
1/2 lb spaghetti
2 chunks marché sausage
2 garlic cloves, minced
1/4 c bread crumbs
1/2 c parmesan cheese
1 T olive oil
1 1/2 c shredded carrots
14 1/2 oz chicken broth
1 1/2 c juliennd green beans
1/4 t salt
1/4 t hot pepper flakes

Cook pasta according to directions. Cut sausage into small pieces and cook. Remove from pan. Add 1/2 garlic to the remaining fat and cook 30 seconds. Add bread crumbs and cook 2 min. Remove from skillet and toss with 2 T parmesan.

Sauté onions in oil for 5 min., add carrots, green beans, and remaining garlic; cook 2 min. Add chicken broth, salt, and pepper flakes. Bring to a boil.

Add pasta to veggies and cook 1 min. Toss with remaining cheese, bread crumbs, and sausage.

PASTA BETA CAROTENA

250 g pasta (something with holes in it)
1 c carrot cut into 1" chunks
1 c orange squash cut in 1" chunks
2-3 maggi cubes
1-1 1/2 T oil
1 large onion, chopped
2-3 cloves garlic, minced
2-3 T water
3/4 t basil
1/4 t thyme
salt and pepper to taste

BASIC MACARONI AND CHEESE

salted boiling water
250-350 g elbow macaroni
2 T butter or margarine
2 T flour or cornstarch
1/2 c grated cheese, or 4 sections Vache Qui Rit
1 c milk
salt, pepper, cayenne to taste

Cook macaroni in boiling water; drain and set aside. In a small saucepan, melt butter. Add flour and stir to make a thick paste. Add milk and stir well with a wire whisk. Add cheese and spices. When cheese is melted and sauce is smooth, pour over macaroni. Stir. If desired, reheat macaroni for a few minutes over low heat, stirring constantly.

CREAMY TOMATO PASTA

a spoonful of flour
a few spoonfuls of Nido
basil or other spices
black pepper
salt, to taste
onion
garlic
canned tomatoes
2-4 sections Vache Qui Rit
250g pasta, cooked

Mix flour, and Nido with 1 c water or juice from tomatoes. Add spices. Sauté onion and garlic in oil. Add tomatoes and flour mixture. Cook until hot. Add Vache Qui Rit and stir until smooth. Stir in pasta.

BASIC RICE

2 c water
1 c rice, rinsed to remove some of the starch
1/2 t salt (opt)
1/2 T margarine (opt)

Add salt to water and bring to a boil. Add rice and margarine and return to boiling. Cover and reduce heat. Simmer for 20 minutes. (Don't peek!)

SPANISH RICE

1 1/4 c water
3/4 c rice
oil (dash)
1/2-3/4 c cooked tomatoes with liquid
chili powder, salt, pepper
onions, chopped

Cook rice in water. When almost soft, add other ingredients and heat through.

MEXICAN STYLE RICE

2 c rice
2 tomatoes
1/4 c oil
1/3 c minced onion
3 cloves mashed garlic
4 c chicken stock or water
1 sprig parsley chopped
3 hot peppers (opt)
1/2 c chopped carrot
1/4 c peas

Soak rice 5 minutes, rinse, and drain. Sauté onion and garlic 2 minutes in oil. Add rice and sauté, stirring for 2 minutes until grains are transparent and separate. Pour off excess oil. Add tomatoes and cook 4 minutes. Add the rest of the ingredients and cook 20 minutes or until liquid is absorbed.

RICE COOKED COASTAL STYLE

2 c rice
1/4 c minced onion
3 cloves mashed garlic
1/2 c water
2 T oil
1 1/2 c chopped carrot

4 c hot water
2 t salt
pepper to taste
1 1/2 c corn kernels
2 c chopped cabbage

Soak rice for 5 minutes, rinse, and drain. Melt oil and sauté rice until transparent. Add carrots and stir 2 minutes. Add onion, garlic, and 1/2 c water and stir 2 minutes. Add the hot water and salt. When the water comes to a boil, add corn and cabbage. Stir and cover. Cook over medium heat for 20-30 minutes, or until the liquid is absorbed.

FRIED RICE I

2 or 3 eggs
2 t salt
1/2 t dry sherry
2 T onion minced
5 T cooking oil
4 c cooked rice (warm or cold)
2 t maggi aroma
1 c bean sprouts or cabbage or lettuce

Beat eggs with salt, maggi and sherry. Sauté onion and add egg mixture. Scramble until dry. Add rice and bean sprouts. Stir and cook until well heated.

FRIED RICE II

Cook rice as above. Rinse with cold water and drain well. Melt margarine (or oil) in frying pan. Add any spices such as curry, garlic or cinnamon, and any vegetables available such as onions, garlic, carrots, cabbage. Fry rice until golden brown, 10-15 minutes. Do not overload pan as it increases frying time. One teaspoon chicken or beef base (or 1 Maggi cube) added to margarine gives you chicken or beefy fried rice.

JALLOF SURPRISE

2 c rice
1 small can tomato paste
3 1/2 c water
1 chopped onion
salt, pepper

Sauce:

any kind of meat
1 chopped onion
garlic
1 can tomato paste
any chopped vegetables
salt, pepper, piments
water, if necessary

Bring to a boil rice, tomato paste, water, onion, salt and pepper. Cover and simmer for 20 minutes. Brown in oil the rest of the ingredients. Top rice with sauce, and serve.

CURRIED RICE

1 T onion, finely chopped
2 T oil
1/2-1 t curry powder
1/4 t salt
1/4 t pepper
3 c cooked rice

Cook and stir onion in oil until tender. Stir in curry powder, salt and pepper. Stir into hot rice. Serve.

GREEK SALAD

1 onion, sliced
1 t salt
2 t red wine vinegar
pepper
3 t olive oil
1 lb tomatoes
1 cucumber
1/2 c black olives
1 1/2 c feta cheese

Mix tomatoes, cucumbers, onion, olives, and feta together. Make the dressing with the remaining ingredients and toss it with salad

TABOULI I

1 c finely chopped parsley
2 T finely chopped mint
1 1/2 T bulgur
1 c finely chopped tomatoes
1 T finely chopped onion
1 1/2 t citron juice
1/4-1/3 t salt
pinch of pepper
1/4 c oil

Add a bit of water to the bulgur and then drain and set aside for 10 minutes to soften. Mix all the ingredients together and then adjust seasonings.

SALAD NIÇOISE

tomatoes, quartered
1 can tuna, drained
1 peeled cucumber, finely sliced
12 black olives, chopped
lettuce (use two different varieties, if possible)

Rub salad bowl with a clove of garlic. Place all ingredients within. Serve with vinaigrette.

TABOULI II

1 c dry bulgur wheat
1 1/2 t salt
1 1/2 c boiling water
1/4 c olive oil
1/4 c fresh citron juice
garlic, minced
1 1/2 t dried mint
2 medium tomatoes, diced
1 packed c fresh parsley
1/2 c chopped scallions (includes greens)
1/2 c cooked chickpeas (opt)
1 chopped green pepper (opt)
1 chopped cucumber (opt)
1/2 coarsely grated carrot (opt)

Combine bulgur, boiling water, and salt in a bowl. Cover and let stand 15-20 minutes, or until bulgur is chewable.

Add lemon juice, garlic, oil & mint. Add other ingredients. Mix thoroughly and refrigerate 2-3 hours.

LENTIL SALAD

1 c dried lentils
3 c water
1 medium onion, finely chopped
2 large garlic cloves, minced
1/2 bell pepper, finely chopped
1 T chopped fresh mint
1 T chopped fresh parsley
1 t dried oregano
1 t dried basil
1/8 t cayenne pepper or piment
4 T olive oil
1 T Dijon mustard
3 T red wine vinegar
1/4 c black olives, chopped

Bring water to a boil while you pick over, wash, and drain lentils. Place lentils in boiling water, cover, and cook until tender, about 30 minutes. Drain.

Combine vegetables and seasonings with olive oil, mustard, and vinegar. Add lentils and black olives, mixing thoroughly. Chill and serve. Serves 4.

PASTA SALAD

Cook and cool any macaroni product. Dice assorted vegetables: carrots, cucumbers, onions, eggplant, tomatoes, etc. Mix macaroni and vegetables with dressing (vinaigrette or picnic style--mayonnaise, vinegar, salt & pepper)

PASTA AND PEANUT SALAD

1 lb pasta
salt (opt)
1 T oil
1/2 pound green beans, blanched and cut into 1/2" pieces
2 large carrots, sliced thin crosswise
2 large cucumbers, quartered, seeded, and sliced thin
8 scallions, with green tops, sliced into 1/4" pieces
1/3 c roasted peanuts, coarsely chopped

Dressing:

1/2 c peanut butter
2 T soy sauce
2 T lemon juice
1 T hot water
1 t piment, or to taste
1/4 t ground cumin
1/8 t turmeric

Cook the pasta until just tender in plenty of boiling, salted water. Drain the pasta, rinse it with cold water, and drain it again. Place the pasta in a large bowl. Add the blanched beans, carrots, cucumbers, and scallions, and toss the ingredients to combine them. In a small bowl, combine all the dressing ingredients. To serve, add the dressing to the pasta-vegetable mixture, and toss the salad well. Sprinkle the salad with the chopped peanuts.

MOROCCAN EGGPLANT SALAD

1 lb eggplant, peeled and cubed
1 lb tomatoes, chopped
2 t paprika
1 t salt
1 clove garlic, minced
Tabasco to taste
4 T olive oil

Cover eggplant in water, cook for 30 minutes. Drain and press to remove excess water. Mix eggplant with remaining ingredients. Sauté in olive oil for 5 minutes. Mash together. Garnish with black olives. Serve chilled.

CABBAGE SALAD

1/2 c vinegar
1/4 t salt
1 T butter
1 small onion, minced
1 small cabbage, shredded

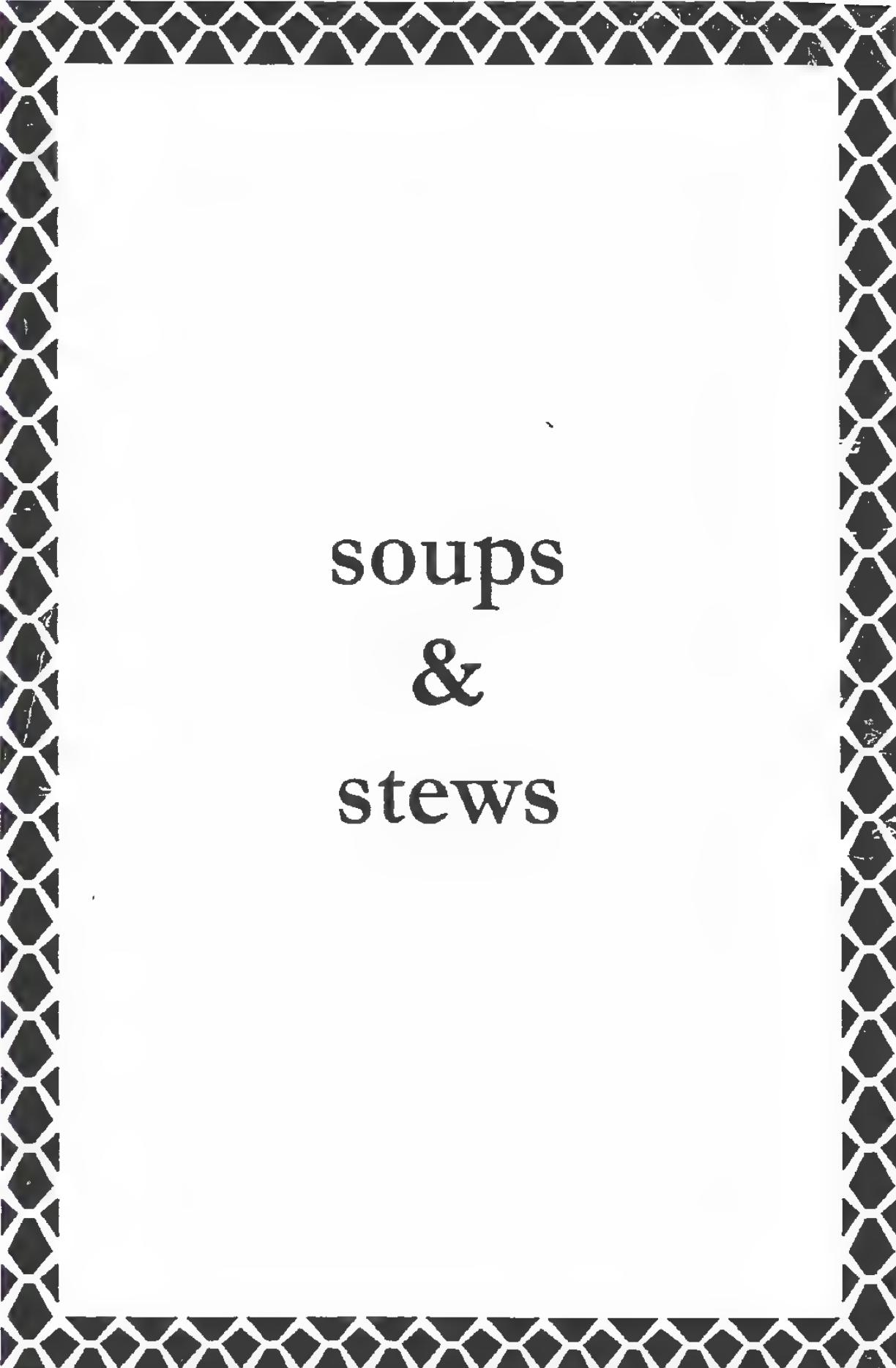
In a saucepan, combine vinegar, salt, butter, and onion. Simmer until onion is soft. Add to cabbage and mix well.

COLE SLAW

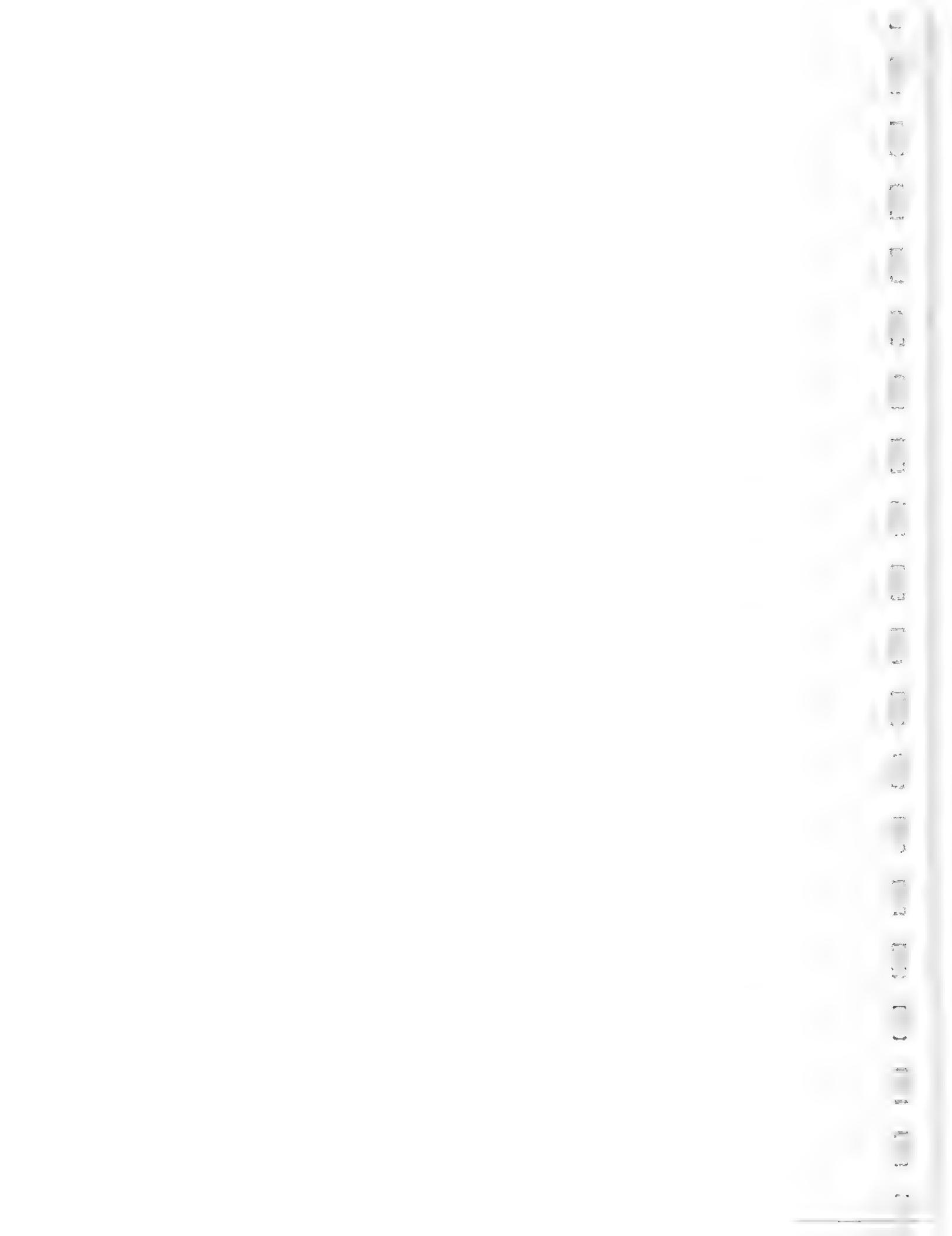
cabbage
vinaigrette
salt, pepper
paprika, parsley (opt)

Wash cabbage and remove outer leaves. Chop or shred. Moisten with vinaigrette (do this fairly close to serving time). Season to taste. Garnish with paprika and chopped parsley.

Variations: Use mayonnaise or sour cream instead of vinaigrette.



soups
&
stews



MINESTRONE SOUP

1 c dried kidney beans
1/2 t marjoram
3 cloves garlic
1/2 t basil
1 onion, chopped
1/2 t oregano
2 qts water
1/4 t black pepper
1 stick celery
1 zucchini, chopped
1 carrot sliced
1 c shredded cabbage
1 potato, chopped
1/2 c macaroni
1 c green beans, cut
4 small tomatoes
2 T parsley flakes

Soak beans overnight, drain. Place beans, garlic, and onions in water. Bring to a boil, lower heat and simmer for an hour. Add celery, carrots, potatoes, green beans, tomatoes and seasonings. Simmer 30 minutes. Add zucchini. Cook 30 minutes. Add cabbage and macaroni. Cook 20 minutes.

BEEF-VEGETABLE SOUP

1 lb beef
1 T oil
1 small onion, minced
1 t seasoned salt
1/8 t black pepper
1/4 c barley, (opt)
few sprigs fresh parsley
10 1/2 oz beef broth
2 c water
8 1/2 oz tomatoes
1/4 lb mushrooms, sliced
2 medium carrots, diced
1 zucchini, sliced

Cheese Croutons:

1 c fresh bread cubes
1 T butter or margarine, melted
1/4 c shredded Edam cheese

Cut beef into small 1/2-inch wide strips. In a heavy 3-quart saucepan, heat oil. Add meat. Lightly brown. Add onion. Sauté 3-4 minutes.

Add salt, pepper, barley, if used, parsley, broth, water and tomatoes. Bring to a boil. Cover. Simmer for 30 minutes.

To prepare croutons, toss bread cuts with butter. Place in pie plate. Sprinkle with cheese. Bake at 450 degrees for 10-15 minutes until browned, stirring after 5 minutes.

To saucepan, add mushrooms, carrots and zucchini. Bring to a boil. Simmer 15-20 minutes until vegetables and barley are tender.

Ladle soup into bowls. Top with croutons.

GEOFF'S STEW

1 cube maggi
1/2 kilo meat
3-4 cloves garlic, diced
carrots
potatoes/ignames
onions
tomatoes (same amount as potatoes)
basil, salt, pepper
flour (to thicken)
oil
divers--anything au marché

Wash and dice meat. Brown in oil then add some water and maggi. Dice carrots, onions, and other miscellaneous vegetables. Add to meat. The water should cover the vegetables. Bring to a boil and add diced potatoes. When the potatoes are almost tender, add the chopped tomatoes. You don't want to cook the tomatoes too long or they will disappear. Start adding flour until it thickens. Spice to taste.

FRENCH ONION SOUP

2 lbs onions, thinly sliced
2 T oil
4 t sugar
2 quarts dark vegetable stock
2 garlic cloves crushed
lemon juice

Sauté onions in large sauce pan 10 min. Add sugar, salt, pepper and cook for 15-20 min. Onions should be dark brown. Add stock, garlic, lemon juice. Bring to a boil and simmer 10 min.

Note: If you are not quite up to making a dark vegetable stock, some cube maggi will give your soup the additional flavor.

SPICY BEEF AND BEAN SOUP

2 c beans
1 T olive oil
1 medium red onion diced
2 cloves diced garlic
2 c beef diced small
2 piments
1/2 bunch chopped cilantro
2 T honey
2 maggi cubes
1 t ground cumin
1 t ground coriander
1/2 t ground cloves
2 small boîtes tomato paste
salt and pepper to taste

Boil beans until tender, skimming foam from top. Remove 1 c of cooked beans and pureé then and return them to the pot.

Heat the olive oil, sauté onion and garlic for 5 min. Add diced beef and sauté 2-3 min. until the beef is brown colored. Add the meat to the beans. Add the rest of the ingredients and simmer 30 min.

TOMATO AND FISH STEW

3-6 T oil
1 chopped onion
3 c water
2 1/4 c chopped fresh or smoked fish
1/2 c tomato paste
salt and pepper
3 c spinach leaves, okra, or eggplant.

Sauté onion in oil. Add the rest of the ingredients and cook until tender.

POTATO SOUP (or just something resembling it).

4-6 medium potatoes
2 onions
2 cubes chicken maggi
2 T flour dissolved in 1/4 c water
4 c water
green onions

Coarsely chop potatoes and onions. Bring 4 cups of water to a boil. Add chicken maggi cubes, potatoes and onions. Cook until potatoes are tender. Add flour dissolved in water. Cook

until thickened. Garnish with chopped green onions.

Note: For thinner soup use less flour, for thicker soup, use more.

FISH CHOWDER (or something resembling it).

6 c of water
2 shrimp maggi cubes
3-4 medium potatoes or
1-2 small ignames cubed
1 or 2 medium onions chopped
bay leaf (opt)
2-4 cloves chopped garlic
1 c cubed fresh fish if available
1/4 c dry milk
3 or 4 T flour
1/2 c water

In a pot bring the 6 c of water, potatoes, or ignames, onions, maggi cubes, and bay leaf to a boil. Boil until potatoes or ignames are tender about 7-10 minutes. Add fish and cook 2-3 minutes until done. While all is boiling, mix the flour, milk, and 1/2 c water together in a bowl. Stir well to remove any flour lumps. When the potatoes or fish is done pour flour/milk mixture all at once into pot. Stir as chowder starts to thicken. About 1-2 minutes. Serve hot.

Note: For a thicker chowder make up more flour and water and add to pot. For a thinner chowder decrease the amount of flour in the flour/milk mixture.

NEW ENGLAND CORN CHOWDER

3 onions
5 potatoes
2 1/2 c corn kernels (cooked)
salt and pepper
1 qt liquid (milk or water)

Cut onions very small. Fry in a little oil until brown, stirring frequently to prevent burning. Pour off extra oil, if necessary.

Add diced potatoes about 1/2 hour before time for serving and cook until done. Just before potatoes are done, add corn. Season with salt and pepper and add liquid. If milk is used, add just prior to serving. Bring to a boiling point, but do not boil.

VEGGIE CHOWDER

1/2 c uncooked rice
3 bouillon cubes
5 c water
1/2 c diced carrots
1 c diced potato
1 minced onion
1/2 c chopped celery
1 c canned tomatoes
2 t salt
1/8 t pepper
1 c milk

Combine all ingredients except milk. Bring to boil and simmer 45 minutes. When ready to serve, add milk. Heat almost to boiling and serve immediately.

TOMATO CREAM SOUP

2 T oil
2 T chopped onion
3 T flour
2 T sugar
1 t salt
1/8 t pepper
garlic salt, basil, oregano & thyme
2 c tomato juice
2 c cold milk

Sauté onion in oil. Blend flour, sugar, salt, pepper and spices. Add to onions and stir. Remove from heat and gradually stir in tomato juice. Bring to boil, stirring constantly. Boil 1 minute. Stir hot tomato mix into milk. Heat almost to boiling and serve.

Note: using condensed milk gives this recipe an extra creamy just like Campbell's flavor.

Manhattan Clam Chowder: Add 2 c cooked diced potatoes and 1/2-1 c tuna, clams, or cooked fish.

CREAM OF SPINACH SOUP

1 carrot (opt)
1 onion
1 garlic clove, minced
1 potato, sliced
1/2 kg spinach
1/3 c butter
1/3 c flour
2 c milk

salt, pepper
nutmeg, thyme
fresh parsley or marjoram

Place carrot, onion, garlic and potato in a pot or skillet. Cover with water and cook until tender. Purée the vegetables in their own water. In a separate pot, cook the spinach in 1 c water until wilted. Purée. In a soup pot melt butter. With a wire whisk, mix in flour until well blended (should be pasty). Gradually whisk in milk. Bring to a low simmer; stir often. When thick, add spinach and herbs. Blend in vegetable purée and adjust seasoning.

SPINACH SOUP

1/4 c butter
1/4 c minced onion
1 kg fresh spinach, chopped
4 c chicken broth
nutmeg, salt, paprika

Sauté onion in butter. Add spinach. Cover and cook over low flame until tender. Put through a blender or mash with fork. Add broth and season to taste. Bring to a boil. Can be served hot or cold.

SPLIT PEA SOUP

1 lb split peas
3 quarts water
2 1/2 t butter
1 c sweet potatoes, onions
1 1/2 c carrots
1/2 c celery
2 cloves garlic, minced
cumin, marjoram, basil, salt, pepper
1/2 c white wine.

Simmer peas, salt, and water for 1 hour (discard foam). Sauté vegetables in butter, add herbs and cook. Add to soup, stirring occasionally for 45 minutes to 1 hour. Add wine and pepper, stir and bring to a simmer.

Note: If possible, it is best to purée 1/2 the soup before adding the wine.

LENTIL STEW

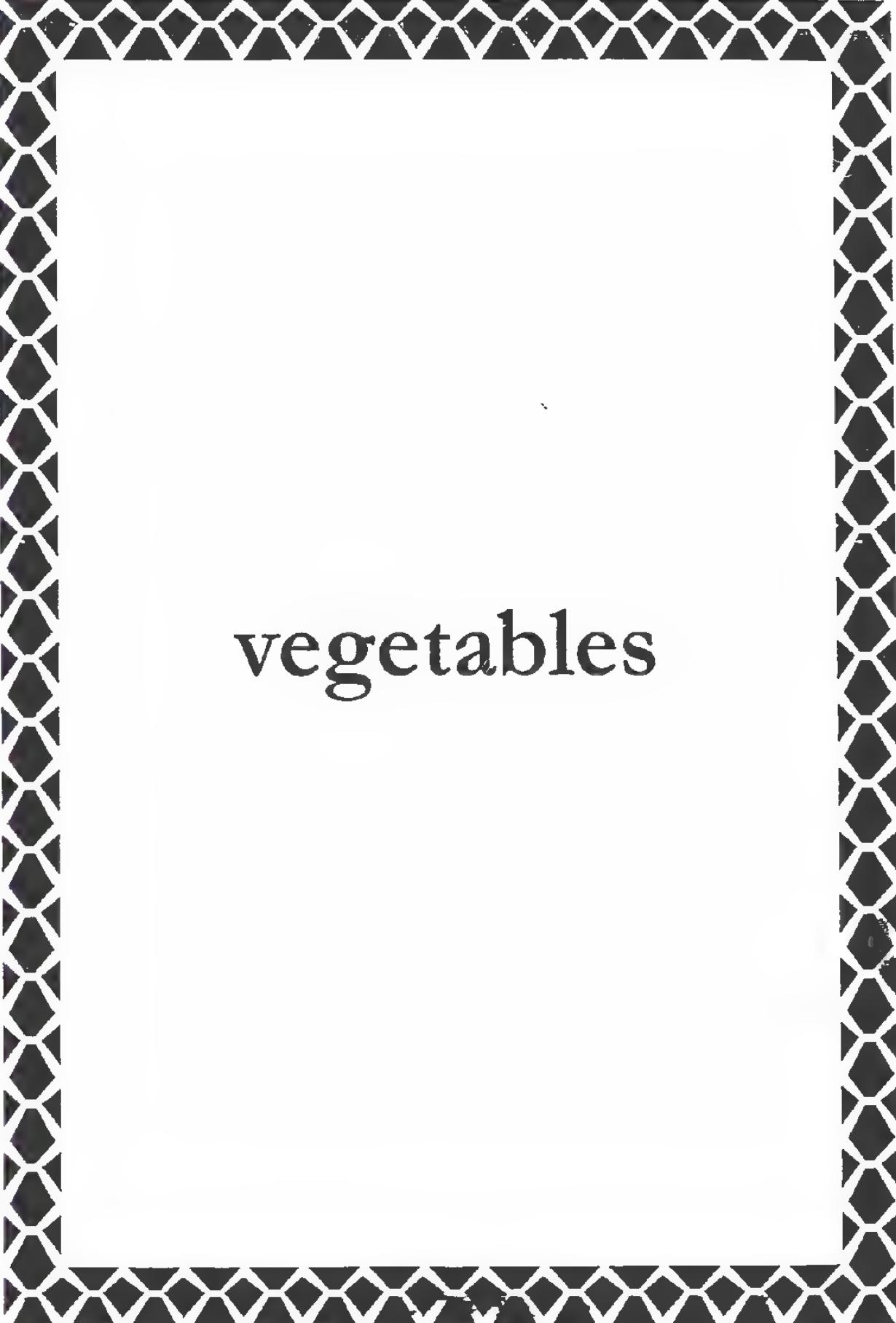
1 c lentils
2 1/2 c water
2 bouillon cubes
1 bay leaf
1 t salt
1/2 lb cooked diced meat (opt)
3/4 c tomato paste
2 c water
1/4 t oregano
1 t salt
1 onion, chopped
1 clove garlic, minced

Bring to a boil lentils, water, bouillon bay leaf and salt. Simmer 20 minutes. Add the rest of the ingredients. Bring to boil, reduce heat and simmer 20-30 minutes or until vegetables are tender. Serve plain or over rice.

GAZPACHO

4 c cold tomato juice
1 small, well minced onion
2 c diced tomatoes
1 c minced green pepper
1 t honey
1 clove crushed garlic
1 diced cucumber
2 scallions, chopped
2 T wine vinegar
1 t each, tarragon and basil
2 T olive oil
juice of 2 citrons
dash of cumin
1/4 c freshly chopped parsley
dash of Tabasco sauce
salt and pepper to taste

Combine all ingredients and chill for at least 2 hours. This soup can be puréed, if desired.



vegetables

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$\overline{F}^{(m+5)}$

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MARINATED VEGETABLES

4 c assorted fresh vegetables
1/2 c vegetable or olive oil
1/3 c lemon juice
1 t dried thyme leaves
1 t basil leaves
1 t granulated sugar
1/2 t black pepper
1/4 t dry mustard
1/4 t salt
1/4 t garlic salt

Tip: Choose 4 different types of vegetables and use 1 cup of each. Sliced carrots, cherry tomatoes, zucchini, sliced mushrooms, green pepper strips and green beans are all fine choices. This dish keeps very well the refrigerator for up to 5 days.

In a 1 quart jar, combine vegetables.

In a separate jar, combine remaining ingredients. Shake vigorously until blended.

Pour marinade over vegetables. Cover. Refrigerate 4 hours or overnight, shaking jar several times during marinating to coat all vegetables.

Drain marinade from jar. Serve vegetables.

FOUTOU IGNAME TATER TOTS

foutou
flour
hot oil

Roll about 1 T amounts of foutou into balls;

Dredge in flour. Fry until golden. Drain.

These tend to be somewhat hollow inside and are quite tasty.

SKILLET EGGPLANT

2 T oil
2 c eggplant, diced
1 c onion, thinly sliced
1 large green pepper, chopped (opt)
1 large tomato, diced
1/4 c water
1/2 t salt
1/4 t pepper
1 t sugar
spices to taste

Heat oil and add all ingredients. Mix well.

Simmer, covered, until eggplant is tender, about 20 minutes. Add additional water if necessary.

STUFFED EGGPLANT

1 medium eggplant (about 1 lb or several small eggplants work as well)
1/3 c chopped onion
1-3 cloves minced garlic
1 T sniped parsley
3 T butter or margarine
3/4 c soft bread crumbs
1/4 c chopped pitted ripe olives (if available)
2 T chopped canned green chili peppers (or substitute 1/2 t dry piment)
2 T cooking oil
2 T lemon juice
1/4 t salt
1/4 t crushed dried basil
3/4 c shredded provolone cheese (or substitute 4-5 cubes Vache Qui Rit)
4-6 tomato

Halve eggplant lengthwise; scoop out and reserve pulp, leaving a 1/4" shell. Cook shells covered in enough boiling water to cover for 2 minutes or until tender. Drain. Finely chop uncooked pulp. Cook pulp with onion, garlic, and parsley in butter till tender. Stir in bread crumbs, olives, chili peppers, oil, lemon juice, basil and salt. Stir in 1/2 c of the cheese. Pile into shells. Bake, covered, in oven for 20 minutes. Top with tomato slices; brush with cooking oil. Top with remaining cheese. Bake, uncovered, 5-10 minutes

GARLICKY GREEN BEANS

1 lb green beans, trimmed
1 small onion, chopped
2 t minced garlic
2 t oil
1 T flour
1 t paprika
1 can (16 oz) whole tomatoes,
drained (save the liquid)
and coarsely chopped

Steam the green beans for 5 minutes, then quickly chill them under cold water. Set them aside. In a medium saucepan, sauté the onion and garlic in the oil for about 3 minutes. Stir in the flour and paprika, cook the mixture for 1 minute, and then stir in the reserved liquid from

the tomatoes. Cook the mixture, stirring it, until it is slightly thickened. Add the tomatoes and the reserved green beans, mixing the ingredients well. Cook the mixture, stirring it, over medium heat for about 2 minutes or until it is heated through and the beans are tender crisp.

SASSY SAUTÉED COURGETTES

2 cloves garlic, chopped
1 onion, chopped onion
1 t tarragon
1 t quatre épices
2 medium zucchinis, sliced.
salt and pepper to taste

Sauté all ingredients in oil over medium heat. Add salt and pepper to taste.

ZUCCHINI & TOMATOES

2 T olive oil
1/2 c chopped onion
1/2 t salt
1/4 t pepper
3 medium tomatoes, peeled, cut in chunks
1 clove garlic, minced
3 small zucchini, 1/4" slices
1 t dried basil, crushed
1/4 c grated Parmesan cheese
4 oz fresh mushrooms, sliced
1/2 medium green pepper, cubed

Heat oil in large nonstick fry pan over med-high heat, 1 minute. Sauté garlic, onion, green pepper, and mushrooms, 2-3 minutes, stirring frequently. Stir in remaining ingredients, except cheese. Cover and cook an additional 5 minutes, until zucchini is tender but not soft; stir occasionally. Sprinkle with cheese; serve over hot, cooked couscous or rice.

VEGGIES WITH HOLLANDAISE SAUCE QUI RIT

Steam favorite, or most available, vegetables. Place 2 or 3 Vache Qui Rit pieces on a plate. Pour piping hot veggies over Vache Qui Rit so that it melts.

Pour over juice of 1 lemon, sprinkle with paprika and salt. Mix up well.

TEMPURA BATTER

12 oz beer
1 1/2 c flour
1/2 t salt

Combine beer, flour and salt in medium sized bowl. Allow mixture to stand for one hour before using. Dip raw veggies, chicken, or fish (cut into bite-sized pieces) in batter and fry in two inches of hot oil until golden brown.

FRENCH FRIES

Scrub, but do not peel:
4-6 medium potatoes

Cut into lengthwise strips 1/4" x 1/4". Fry in oil in pot until golden brown, about 5-10 minutes.

ONION RINGS

1 c flour
1 c milk
1 beaten egg
baking soda (1/2 package)
salt, pepper, spices

Cut onion in slices. Put in a bowl with cool or cold water. Mix batter ingredients well. If you want thick batter, use less milk. Drop onion in batter and fry in HOT oil, turning once, about 2 minutes each.

CARROTS BRAISED IN BUTTER

1 1/2 lbs carrots, peeled & sliced
1 T sugar
1 1/2 c water
1 1/2 T butter
1/2 t salt
pinch of pepper

In a saucepan, bring the carrots to boil with sugar, water, butter & salt. Cover and boil slowly for 30-40 minutes or until carrots are tender and the liquid has evaporated. Season to taste.

CUBES D'AUBERGINES A L'AIL

500 g d'aubergines
 2 pommes de terre
 1/2 cuil à café de piment en poudre
 1/2 cuil à café de curcuma
 5 gousses d'ail
 1 1/2 cuil à café de coriandre en poudre
 3 cuil à soupe d'huile
 sel

Lavez les aubergines, taillez-les en cubes et plongez ceux-ci dans de l'eau salée. Epluchez les pommes de terre, lavez-les et coupez-les en quatre. Epluchez l'ail et écrasez-le légèrement.

Faites chauffer l'huile et faites-y sauter les pommes de terre pendant 5 minutes. Ajoutez l'ail et faites-le revenir à son tour, jusqu'à ce qu'il soit doré.

Égouttez les cubes d'aubergine et versez-les dans la sauteuse ainsi que le piment, le curcuma, et la coriandre. Salez, mélangez, puis arroser de 3 cuil à soupe d'eau et laisser cuire pendant 5 minutes à feu doux et à couvert, jusqu'à ce qu'il soit doré.

POMMES DE TERRE AU GINGEMBRE

500 g de petites pommes de terre nouvelles
 1 oignon
 30 g de racine de gingembre frais
 1 cuil. à café de piment en poudre
 1/2 cuil. à café du curcuma
 1/2 cuil. à café de sucre
 4 cuil. à soupe d'huile
 sel

Grattez les pommes de terre, lavez-les et égouttez-les. Faites-les cuire pendant 10 minutes environ dans de l'eau bouillante, puis égouttez-les.

Pendant ce temps, hachez l'oignon et écrasez-le au pilon pour le réduire en pommade. Epluchez le morceau de gingembre et écrasez-le au pilon.

Faites chauffer l'huile dans une sauteuse et faites-y doré légèrement l'oignon. Ajoutez le gingembre, le piment, le curcuma, le sucre et 1 pincé de sel. Mélangez pendant 1-2 minutes sans laisser brûler les épices, puis versez 1.5 dl d'eau. Lorsque l'eau commence à frémir dans la sauteuse, plongez-y les pommes de terre, couvrez-les et laissez les cuire, jusqu'à ce qu'elles aient absorbé le liquide. Saupoudrez ensuite de garam masala et retirez du feu.

SCALLOPED POTATOES

3-4 potatoes, pared and thinly sliced
 2 T flour
 3-6 T butter (or oil)
 1/2 an onion, sliced or chopped (opt)
 cheese or Vache Qui Rit (opt)
 1 1/2-1 3/4 c milk
 3/4 t salt (opt)
 1/2-1 t mustard
 1/2-1 t paprika

Grease well a 10" baking dish. Place potato slices in it in 3 layers, sprinkling flour and dotting butter (or drizzling oil) on each layer. Put onion and/or cheese on top of the bottom 2 layers. Heat milk and seasonings and mix well, pour over potatoes. Sprinkle with paprika. Bake at medium heat, 350 degrees, for 1 to 1 1/2 hours, until browned.

Scalloped Taro: Reduce milk to 1 1/4 c and bake only 45 minutes.

OKRA POSSIBILITIES

- 1) Dip 1/4 inch slices into cornmeal and pan-fry for about 15-20 minutes.
- 2) substitute for corn in corn fritters.
- 3) Stir fry with onion and tomato, or onion and corn, serve with rice.
- 4) Thin-slice tender young pods, or leave them whole. Steam them until they are brightest green (a little crisp, but adequately cooked, and not slippery). Sprinkle with lemon juice.

OKRA CREOLE

Fry 1 c sliced okra with 2 T chopped onion and 2 T green pepper in oil. Add 1 c chopped tomatoes, salt and pepper, 1 t sugar, and 2 T water. Cover. Simmer 20 minutes.

OKRA AND RICE

2 c okra, diced
 1/2 c uncooked rice
 1 c water
 1/2 t salt
 2 T butter or oil
 1 c tomato sauce

Preheat oven to 375°F. Place okra, rice, water, and salt into pot. Cook 30-40 minutes. Turn

mixture into greased baking dish and add tomato sauce. Bake 10 minutes.

GREEK OKRA WITH TOMATOES

1 medium onion, sliced
1/4 c oil
1 lb (1/2 kg) okra, washed and trimmed
4 medium tomatoes (or 1 can)
1/4 t thyme
1 t salt
1 t lemon juice
pepper

Sauté onion in oil until soft. Add remaining ingredients and simmer slowly for one hour.

INDIAN OKRA

1/2 kg okra, about 2 c when chopped
4 T oil
1 t salt
2 t cumin
1 t turmeric
1/2 t cayenne
1 t ground coriander

Cut okra into thin slices. Heat oil. Add cumin, salt, turmeric, and cayenne. Throw in okra and stir like mad until covered with oil. Cover and cook over low heat for 5 minutes. Don't add water. Stir again. Cook 10 additional minutes. Add coriander and serve.

OKRA AND TOMATO CASSEROLE

1/4 c sliced green onions
2 T oil
1 T flour
salt, pepper
1/2 c milk
1/4 c grated cheese
8 oz okra, cut into 1/2 inch chunks and steamed 5 minutes until bright green
1 3/4 c tomatoes
3/4 c bread crumbs
1 T melted butter

Sauté green onions in oil. Add flour, salt, pepper, and milk, and stir until bubbly. Add cheese, okra tomatoes and stir 5 minutes. Mix bread crumbs and butter and put on top of casserole. Bake 30 minutes in moderate oven.

Serve with beans and rice.

STIR FRIED SPINACH

spinach leaves, chopped
oil
2-3 cloves garlic, minced
salt, pepper

Put a small amount of oil in skillet over high heat. Add garlic. Then add spinach leaves. Stir fry for 1-2 minutes. Turn heat down to medium. Cover and cook another 2 minutes. Remove from heat and season to taste.

TARO LEAVES WITH TOMATO

2 bunches young taro leaves
1 small can tomato paste
1/2 t pepper
1/2 chopped onion
3 T oil
1 T curry

Wash and cut leaves. Put aside. Heat oil and sauté onions until soft. Add the leaves and a bit of water to steam. Cover and let boil 5 minutes. Add remaining ingredients and a bit more water if needed.

Note: Do not undercook taro leaves! (see below)

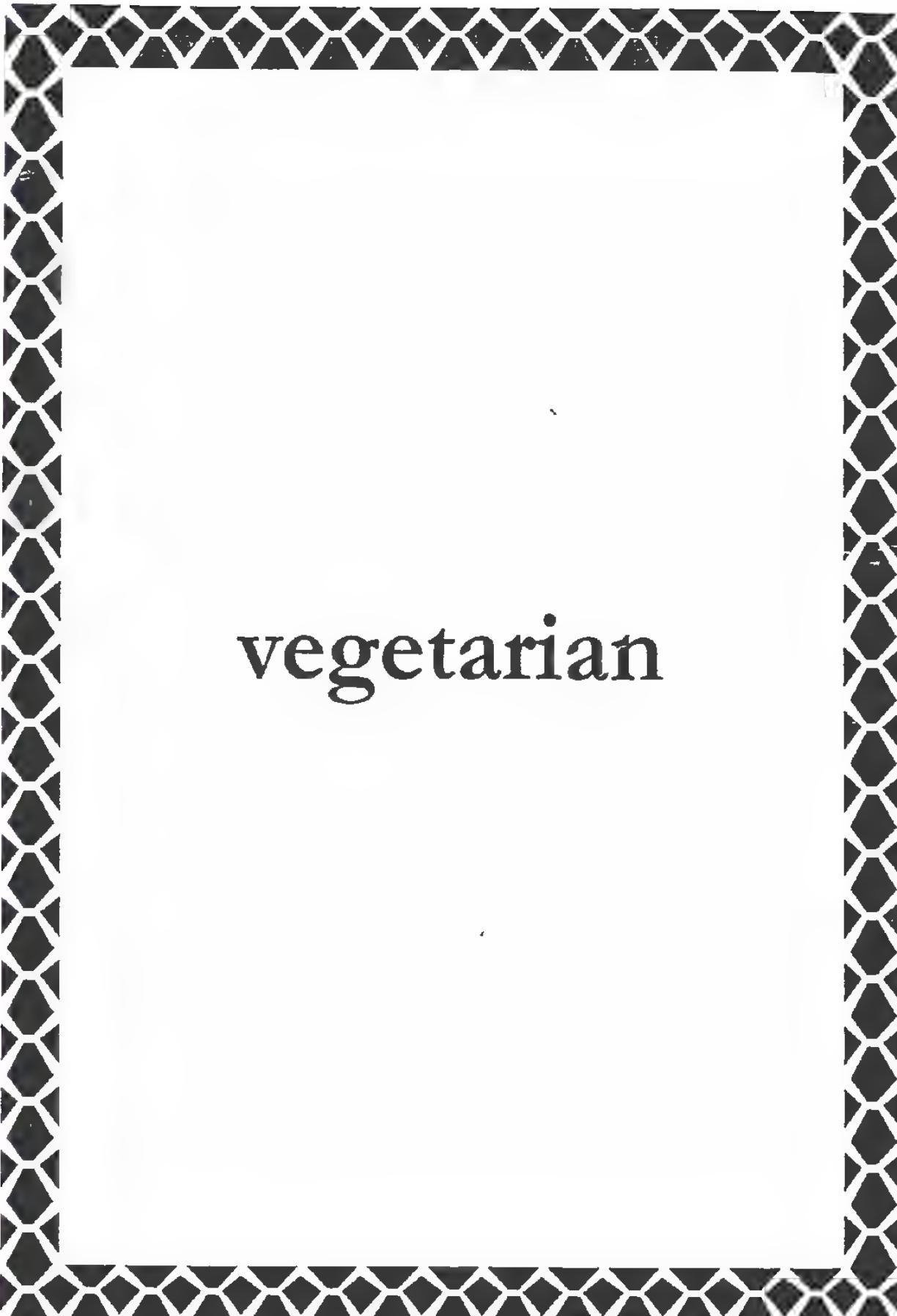
Variation: Sweet potato leaves may be substituted for taro leaves.

CREAMED YOUNG TARO LEAVES

1 kg taro leaves
1 1/2 T butter
2 T flour
1 1/4 c milk
nutmeg
salt, pepper

Boil leaves in salted water until tender (about 5 minutes). Drain and chop. Melt butter and add flour. Add milk and spices. Cook 3-5 minutes. Add leaves and reheat.

Note: Be sure not to undercook taro leaves, as they may cause an adverse biological reaction.



vegetarian

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FALAFEL I

1 cup dried chick peas, soaked and cooked
and drained
1 egg, beaten
1 large onion, chopped
2 T parsley
1 garlic clove, crushed
1 t coriander
1 t cumin
2 tomatoes
1/2 cucumber

Mash chick peas and add egg, onion, parsley, garlic and spices. Coat balls with flour and sauté for 3 minutes.

FALAFEL II

4 c cooked chickpeas (2 c soaked 1/2 hours
and boiled until very soft)
3 medium cloves garlic, crushed
2 beaten eggs
1/2 c each finely minced celery and scallions
3 T tahini
1/2 t ground cumin
3 T flour or fine bread crumbs
1/2 t turmeric
1/4 t cayenne pepper
1 1/2 t salt

Mash chickpeas well. Combine other ingredients. Chill well. With floured hands, roll into 1 inch diameter balls. Dust lightly with flour. Heat 2 inch pool of oil to 365 degrees in heavy skillet and deep fry until golden brown.

HUMMOS

3 1/2 c well-cooked chickpeas
2 cloves garlic mashed with 1/2 t salt
juice of one large citron
1 T tahini
additional salt to taste

Mash the chickpeas adding a bit of water if necessary to make a smooth paste. Add the rest of the ingredients and season to taste.

To serve, spread on a platter and garnish with whole chickpeas. Drizzle with olive oil and sprinkle with paprika. Serve cold.

BABA GANOUI

1 big eggplant
2 cloves garlic mashed with a bit of salt
1 T tahini
1 container unsweetened plain yogurt (or if you
can't find yogurt, use the juice of one
large citron)
2 pinches of salt

Place eggplant directly on gas burner with flame set at med-high heat. (Don't pierce the eggplant ahead of time, don't put anything under it. Really, just stick it right on the stove.) Turn it every 4-5 minutes until cooked--the eggplant will be soft when pierced with a knife and will start to collapse. This takes about 10-15 minutes with a large eggplant, 4-7 with smaller ones.

When cooked cool the eggplant under running water and remove the skin. The water helps to facilitate the removal of the small charred parts.

Mash the eggplant with a fork or wooden pestle to aerate and cool it. Add the rest of the ingredients and season to taste.

To serve, spread on a platter and garnish with chopped tomatoes and mint, and drizzle with olive oil. Serve cold.

Note: There will be a slightly burnt taste that will disseminate as the eggplant chills

FYI: Never pureé eggplant in a blender, this breaks open the seeds and leaves a bitter taste.

PHAT-THAI

7 oz narrow rice noodles
3 T oil
1 T chopped garlic
1/2 T chopped ginger
1 egg
3 T sugar
2 T fish sauce
2 T white vinegar
1 T water
1/2 T paprika
1/3 t cayenne pepper
2 T chopped roasted peanuts
1 c shredded cabbage
1/3 c scallions cut in 1" pieces

Soak the rice noodles in warm water for 30 min. or until soft. Drain.

Sauté garlic and ginger in oil for 1 min., add egg and keep stirring. Add everything except 1 T of the chopped peanuts and some scallions.

Toss and cook 10 min. or until noodles are soft. Remove from heat and garnish with remaining peanuts and scallions.

VEGGIE CURRY

3 T oil
2 medium onions, chopped
2 cloves garlic, minced
2 T curry
1 t turmeric
1 t cumin
1 c chopped tomatoes.
1 medium head cabbage, chopped
3 medium carrots, diced
4-5 small potatoes, cubed
3 c green beans
1 t salt
1 T lemon juice

Brown onions and garlic in oil. Add curry, turmeric, and cumin. Fry 3-4 minutes and add tomatoes. Cook briefly until a thick sauce results. Add veggies and salt. Reduce heat and simmer 30-45 minutes. Keep pot two-thirds full of water, adding more if necessary. 15 minutes before serving, add lemon juice.

RATAOUILLE

1 medium eggplant, peeled & cubed
2 small zucchini, cubed
1 c green pepper, finely chopped (opt)
1 medium onion, finely chopped
4 medium tomatoes, peeled & quartered
1/4 c oil
1 clove garlic, crushed
2 t salt
1/4 t pepper

Combine ingredients in a large saucepan. Cook and stir ingredients until heated through. Cover, cook on medium heat, stirring occasionally, about 10 minutes, or until the vegetables are cooked through.

EGGPLANT WITH GARLIC SAUCE

Peel 1 large eggplant or several small ones, and boil until soft. Stir fry 5-6 cloves crushed garlic and 1 chopped onion. Add drained eggplant, 1 T soy sauce, pili pili, chopped tomatoes. Serve over rice.

GEMUSE EINTOFF

1/2 lb potatoes, cubed
1/2 lb eggplant, cubed
1 chopped onion
1 t celery salt
2 t dried parsley
1 t garlic salt

Combine all the above ingredients in a large pot. Add a small amount of water and 1/4 c oil. Cook slowly until veggies are tender, stirring occasionally. When almost done, add 3 bouillon cubes dissolved in 1/4 c hot water. Serve as is.

BASIC BEANS

Wash, sort, and cover with 4 c water to 1 c beans. Bring to boil and cook 2 minutes. Cover, remove from heat. Let stand 1 hour. Then, they are ready to cook! Bring to boil in soaking water, cover and reduce heat to simmer until done. (Time depends on the type of bean.)

or

Wash, sort, and cover with 4 c water to 1 c beans. Let soak overnight. Cook as above.

Note: 1 c dried beans = approximately 2 1/2 c cooked beans

HAITIAN BLACK BEANS

2 c dried black beans, picked over, rinsed, and soaked overnight
4 c water (approximately)
2 large onions, chopped
1 c chopped green pepper
1 T minced garlic
2 bay leaves
1/2 t salt, if desired
1/4 t black pepper
1/4 t oregano
1/4 t thyme
3 T cider vinegar

Drain the soaked beans, and add them to the water in a medium saucepan. Bring the water to a boil, reduce the heat, cover the pan, and simmer the beans for 30 minutes.

Add the onions, green pepper, garlic, bay leaves, salt, pepper, oregano, and thyme, and simmer the ingredients 1 hour longer. Check after 40 minutes and add more water if necessary.

Stir in the vinegar and simmer the beans for another minute. Five minutes before serving the beans, remove the bay leaves, and heat the beans.

BAKED BEANS

3 c cooked beans
1-2 medium onions, browned
1 c tomato sauce or ketchup
3 T brown sugar
2 T mustard
2 t salt
pepper to taste
1/2 c cooked meat (opt)

Heat all the ingredients together and serve immediately or bake three hours to improve the taste.

PLAKI (BEANS IN TOMATO SAUCE)

1 lb dried beans
1/2 c oil
3 cloves garlic
4 onions, sliced
1/4 t oregano
1/4 t thyme
1 bay leaf, crumbled
2 T minced parsley
6 tomatoes, peeled
1 t salt

Soak beans overnight. Drain, reserving soaking water. Heat oil in heavy casserole, add garlic, onion and herbs. Sauté until onions are soft. Add tomatoes and simmer until well-blended. Add beans and soaking water along with a additional water to cover beans. Bring to a boil, turn heat to low and simmer covered for 1 hour. Remove cover, add salt, and simmer 1 hour longer. Serve with rice.

SPANISH RICE WITH BEANS

1/2 c white rice, soaked
1/2 c pinto beans, precooked
3-4 1/2 c water
2 T dried green and red pepper
1 T dried onions
1/2 t cumin
1/2 t salt
2 t garlic powder
2 heaping T tomato paste
2 T chili powder
1 c cheese, cubed (opt)

Start with 3 c water and add more if necessary. Put all ingredients, except cheese, together in a pot. Cover and bring to a boil. Stirring often to prevent burning, cook 20-30 minutes until rice and beans are soft and most of the water is absorbed. Turn off heat, add cheese and cover for a few minutes to let cheese melt. Great with tortillas

RICE AND BEANS

1/2 c rice
1 1/4 c chicken broth
4 large green onion, chopped
1 T olive oil
1 clove garlic, finely chopped
1 t chili powder
15 oz black beans, drained and rinsed
14 1/2 oz diced tomatoes in juice
2 T chopped fresh cilantro or parsley
1 T lime juice
2 oz Monterey Jack cheese

Simmer rice in broth in covered saucepan 40 minutes or until rice is tender and broth is absorbed. Meanwhile, sauté green onion in olive oil in large skillet 3 minutes. Add garlic and chili powder; sauté 2 minutes or until onion is tender. Add black beans and tomatoes. Simmer 4 minutes. Stir in cilantro and lime juice; heat through. Mix rice, bean mixture and cheese in a large bowl.

RICE AND BEANS II

1 c rice
2 c water
1 T oil
1 medium onion, coarsely chopped
2 cloves garlic, crushed
2 medium tomatoes, finely diced
1 medium zucchini, coarsely chopped
1/2 t oregano
16 oz beans (kidney, black, or garbanzo), drained
salt and pepper to taste
1 c shredded cheese for topping (opt)

In a medium saucepan, combine the rice and water, bring the mixture to a boil, reduce the heat, cover the pan, and simmer the mixture for 20 minutes. Keep the pan covered until the vegetable mixture is done.

Meanwhile, heat the oil in a large skillet, add the onion and garlic, sauté them until they are soft.

Add the tomatoes, zucchini, and oregano. Cover the skillet, and simmer the mixture for about 5 minutes or until the vegetables are tender-crisp.

Add the beans, and simmer the mixture, stirring it occasionally, until it is heated through. Season with salt, if desired, and pepper.

BEAN BURGERS

Mix cooked beans and rice (or potatoes) and thoroughly mash. Add chopped tomatoes, onions, and carrots. Mix in an egg and 1 T flour. Add seasonings: salt, pepper, curry. Form into patties, let stand 1 hour. Fry in oil over medium heat.

CHICKPEAS WITH TOMATOES

1/2 T oil
2 large onions, sliced
3 garlic cloves, minced
3 c cooked chickpeas
2 T ground cumin
1/2 t oregano
1/2 t salt
1/4 t pepper
1/4 c fresh cilantro (or parsley), chopped
6 large tomatoes, diced

In a non-stick skillet, sauté onions and garlic in oil for 3 minutes. Add all other ingredients except cilantro. Cook over medium heat 20 minutes, stirring frequently. Add cilantro and serve over rice.

CITY BAKERY'S CHUTNEY BURGERS

1 c chopped onion
1 t minced garlic
1 T butter or margarine
1/2 t each ground cumin and ground ginger
1 c each coarsely chopped mushrooms and
cooked thick skinned potatoes
1 c carrots diced in 1/4" pieces
2 T chopped fresh cilantro coriander (opt)
1/2 c flour
2 large eggs, lightly beaten
1 c soft bread crumbs
salt and pepper
1-2 t salad oil
toasted buns or bread
Ginger-banana chutney, lettuce, tomato,
white onion slices, cilantro sprigs

In a non-stick frying pan over medium heat, cook onion and garlic in butter, stirring often, until onion is golden, about 8 minutes. Add cumin and ginger; stir for 1 minute. Add mushrooms, potatoes, carrots, and chopped cilantro; stir often until carrots are tender to bite, about 7 minutes. Add flour and stir for 3

minutes. Remove from heat; let cool slightly then mix in the eggs and bread crumbs. Add salt and pepper to taste.

On plastic wrap, shape vegetable mixture into 4 patties, each 1/3 inch thick. Swirl 1 t oil in a clean 10 to 12 inch non-stick frying pan over medium heat. Place patties in pan (2 at a time, if needed) and cook until deep golden on bottom, 4-5 minutes. Turn, add remaining oil if needed and brown other side.

Serve burgers with lettuce, tomato, onion and cilantro, and **Ginger-Banana Chutney**.

BULGUR-RICE PILAF

1 c bulgur
4 c water (with maggi cube)
2 T dried mixed vegetables
1/2 c cubed cheese (opt)
1 c rice
1 T dried onion
3 heaping T margarine

Add all ingredients except cheese to a pot. Cook, covered, over medium heat for 20 minutes. Stir as little as possible. When dry and fluffy, add cheese and scoop into oiled frying pan; fry until browned.

LENTIL AND BULGUR PATTY SANDWICHES

1 1/2 c lentils
1 large onion, chopped
2 large cloves garlic, crushed
4 c water
1 c bulgur
1 1/4 c minced fresh parsley
2 T oil
1/2 t salt, if desired
1 t paprika
1/4 t black pepper
1 c finely chopped scallions with tops
6 pitas

In a medium saucepan, combine the lentils, onion, garlic and water. Bring the liquid to a boil, reduce the heat, cover the pan, and cook the lentils for 20-25 minutes or until they are very tender.

Add the bulgur, 1/4 c of the parsley, the oil, salt, paprika, and pepper. Stir the mixture to combine the ingredients well, cover the pan, and cook the mixture over low heat for

2 minutes. Let the mixture cool to lukewarm in the covered pan.

When the mixture is lukewarm, shape it into 12 patties. Combine the remaining parsley and the scallions on a dish, and press the patties into this mixture on both sides. Serve the patties cool or chilled in the pitas.

SPICY BEAN SOUP OVER BULGUR PILAF

Spicy bean soup:

1 lb pinto beans
8 c water, or as necessary
28 oz whole tomatoes, undrained
and coarsely chopped
1/2 c onion, coarsely chopped
2 cloves garlic, minced
1 t fresh basil, chopped
cayenne pepper (or dried piment) to taste
1/2 t cumin
1 1/2 t oregano
1/4 c plain yogurt, or to taste

Rinse pinto beans, then soak overnight in just enough water to cover. Do not drain. Bring beans to a boil on medium-high heat, cover, and simmer 1 hour or until beans are soft. Add remaining ingredients except for yogurt. Cover, simmer for 40 minutes, and let sit uncovered for 10 minutes. Cover again, and set aside.

Bulgur pilaf:

1 clove garlic, minced
1 1/2 t vegetable oil
1 c bulgur
2 c water or vegetable broth
1/2 t thyme

Sauté garlic in oil for 3 minutes over medium-high heat. Add bulgur and stir until granules are coated. Slowly add water or broth, then add thyme. Cover and simmer for 40 minutes or until bulgur is soft.

To serve, arrange bulgur on serving plate or dish, and fluff with a fork. Spoon spicy bean soup over bulgur.

PILAF WITH A PURPOSE

1 1/2 t olive oil
1 t butter or margarine
1/2 c broken very thin pasta
1 medium onion, chopped

1 c bulgur
2 c chicken broth
1/4 t salt (opt)
black pepper to taste
1/3 c chopped fresh basil or 1 T dried basil
1/4 c chopped walnuts
3/4 c cooked chickpeas, drained

Heat the oil and the butter or margarine in a deep saucepan with a tight-fitting cover. Add the pasta, and cook it over medium heat, stirring constantly, until the pasta is golden brown. Add the onion and the bulgur and cook the mixture, stirring it, 1-2 minutes.

Add all the remaining ingredients, bring the pilaf to a boil, reduce the heat to very low, cover the pan, and simmer the pilaf for 20 minutes.

MOCK CHEESE SOUFFLÉ

Butter several slices of bread. Place 1 layer of bread in casserole dish. Sprinkle with grated cheese. Repeat 2-3 times as needed. Mix 2 eggs with 3 c milk and pour over bread. Cover. Cook in 200°F oven for 45 minutes.

CROQUETTES DE LENTILLES

250 g de lentilles (1 c uncooked)
1 oignon
50 g de farine
50 g de chapelure (bread crumbs-- cut bread thin and leave over night; crush in a plastic bag)
1-2 oeufs
1/2 verre d'huile
sel, poivre

Mettez les lentilles dans un faitout. Courvez-les d'eau. Mettez-y l'oignon. Salez, poivrez. Couvrez et laissez cuire 20 mn.

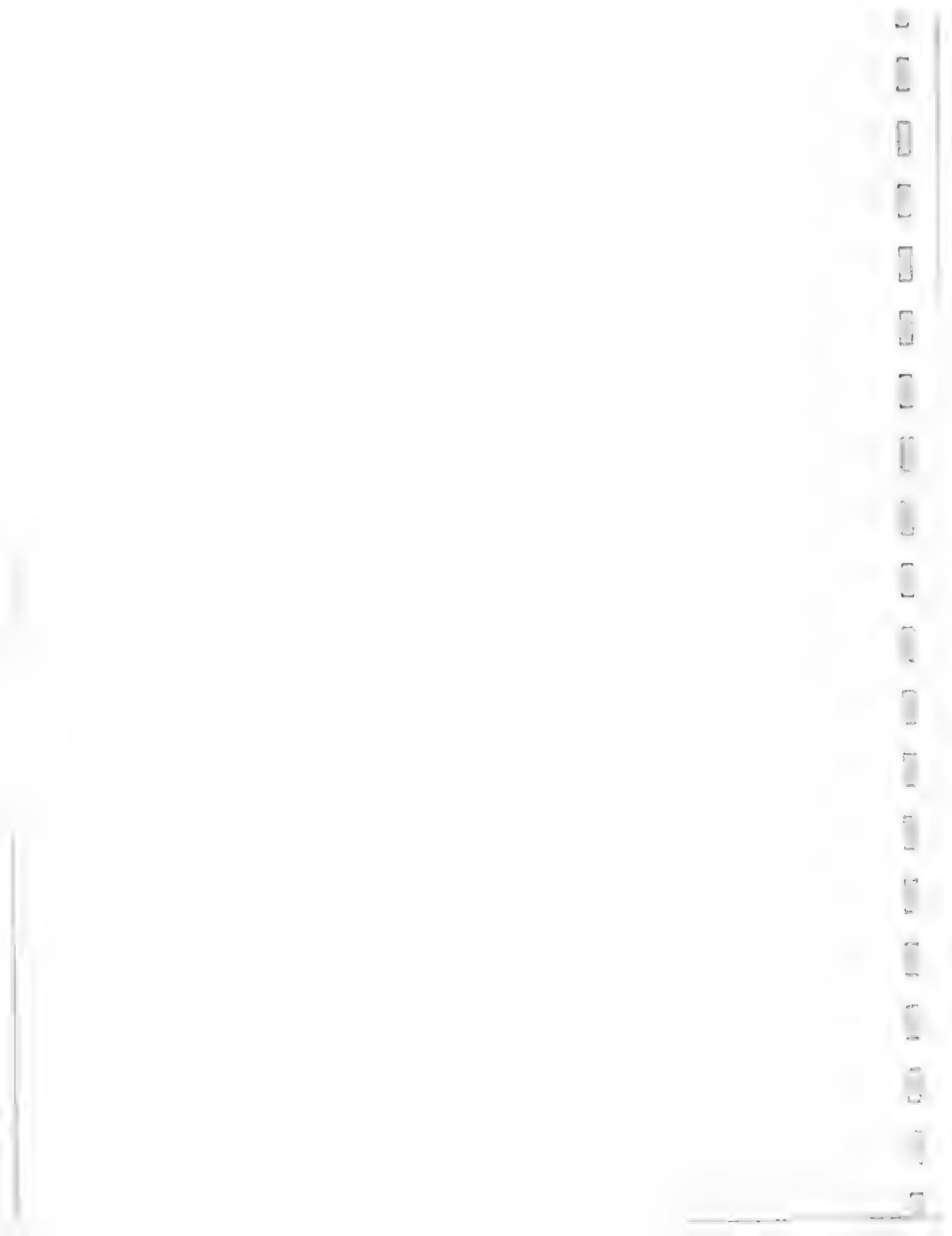
Egouttez-les et passez-les à la moulinette.

Ajoutez la farine et les oeufs pour obtenir une pâte consistante.

Faites des croquettes dans vos mains farinées. Posez-les sur un plat fariné. Mettez la chapelure dans une assiette creuse, roulez-y les croquettes.

Dans une sauteuse, faites chauffer l'huile à feu doux. Mettez-y les croquettes à cuire 5 minutes de chaque côté. Egouttez-les sur du papier absorbant et déposez-les sur un plat à l'entrée du four chaud. Servez dès que toutes les croquettes sont cuites.

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Zucchini & Tomatoes 49

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